

Sundried Tomato Quinoa

<https://www.eminencenutrition.com/sundried-tomato-quinoa>



Ingredients

- 1 cup Uncooked quinoa
- 1 medium Onion, chopped
- 1/3 cup Sundried tomatoes, chopped
- Salt & Pepper To taste

Directions:

1. Combine 2 cups of water with all the ingredients in a pot
 - a. If you want to add a little more flavour, use vegetable/chicken stock instead of water!
2. Bring to a boil uncovered stirring once or twice, then reduce heat to low and simmer (covered) for another 20-23 minutes without stirring.
3. Once it has simmered for 20 min, check to see if there is any water at the bottom of the pot and if there isn't then stir, and if there is then cook (covered) for another few minutes.