

Beyond Veggie & Quinoa Bowls



PREP TIME:
10 MINUTES

COOK TIME:
15 MINUTES

TOTAL TIME:
25 MINUTES

Author: Christi Davis

Recipe type: Gluten Free / Dairy Free / Vegan

Yield: 4-6 Servings

Ingredients:

- 16 oz. Pack Beyond Meat (***Plant Based Ground Meat***)
- 3 Garlic Cloves – Minced
- ¼ Cup Red Onion – Minced
- 1 ½ TBSP Extra Virgin Olive Oil
- ¾ Teaspoon Himalayan Sea Salt
- ¾ Teaspoon Dried Oregano
- ¾ Teaspoon Dried Basil
- 1 Teaspoon Cumin

Veggie Ingredients:

- 1 TBSP Extra Virgin Olive Oil
- ¼ Cup Red Onion – Sliced Thin
- 1 Cup Carrots – Sliced
- 4 oz. Vegetable Broth
- 1 Cup Baby Portabella Mushrooms – Sliced
- 1 Medium Green Pepper – Sliced Thin
- ½ Teaspoon Himalayan Sea Salt
- 1 Teaspoon Garlic Powder
- 1 Teaspoon Dried Oregano
- 1 Cup Sliced Baby Spinach

Quinoa:

- Ingredients based off purchased package for 4 servings.

Instructions:

1. Prepare quinoa according to package directions. Set aside with lid on until ready to serve.
2. In a large sauté pan, add the olive oil. Heat on medium. Once warmed up, add onion, and cook for about 3-5 minutes until starts to soften.
3. Add garlic to pan. Cook for 1 minute and then add contents of Beyond meat package.

4. Break apart meat with wooden spoon or spatula. Add in the dry ingredients – sea salt, oregano, basil, and cumin. Continue stirring until all seasonings are combined and meat is cooked through. Will take between 8-10 minutes.
5. In the meantime, warm up a medium sauté pan adding the olive oil.
6. First add onion & carrots and cook for about 3-4 minutes. Add about 4 oz. of vegetable broth to help soften carrots. Next add peppers and allow to cook about 2 minutes.
7. Add mushrooms and all veggie seasonings – sea salt, garlic powder, and oregano.
8. Portion out bowls with quinoa, veggies – adding in the spinach here (will naturally wilt down and pack in more nutrients) and lastly the meat.

***Try and use all organic ingredients if possible.**

ChristiHealthCoach.com