



# Hearty Pumpkin and Mushroom Quinoa

Cook Time: 40 minutes

Servings: 4

## Ingredients

- 1/2 Cup Pumpkin Puree
- 4 oz. Mushrooms
- 6 Handfuls Baby Spinach
- 1 Cup Quinoa
- 2 Cups Water
- 1/4 Red Onion
- Salt to Taste
- Pepper to Taste
- 1/8 tsp. Cayenne Pepper
- 1/4 tsp. Garlic Powder
- 2 tbsp. Olive Oil
- 1/4 Cup Chopped Cashews

## Instructions

1. Add 2 tbsp. of olive oil to a pan, and put on medium heat.
2. Chop up 1/4 red onion and 4 oz. mushrooms, and drop them in the pan. Cook for about 5 minutes, until the onions soften.
3. Add 2 cups of water, salt, pepper, 1/8 tsp. cayenne pepper, and 1/4 tsp. garlic powder.
4. Add 1/2 cup pumpkin puree.
5. Stir everything together, and bring to a boil.
6. Cover and reduce the heat. Simmer for about 15 minutes or until all the liquid is absorbed.
7. Remove from heat, keep covered and let it sit for 5 minutes.
8. Add 6 handfuls of baby spinach, 1/4 cup chopped cashews and 2 tbsp. parmesan cheese.
9. Stir everything together.
10. Sprinkle a little parmesan on top for good measure.

