**BeWell recipe of the month:**

Quinoa with Turkey or Chicken and Veggies

From the kitchen of Brenda Rehbein, Stanford’s IT Communications Order Management Team

**Ingredients:**

- Ground turkey or chicken (ground or cut into small cubes)
- ¼ cup olive oil
- 1 cup quinoa, rinsed or soaked in water
- ¾ cup tomato sauce (crushed or whole), and optional salsa to spice it up
- Half of a small purple onion, diced
- 4 crushed or diced garlic cloves
- ½ tsp. cumin
- ½ tsp. turmeric
- A few tsps. Cilantro or green onion, chopped
- 2 carrots, chopped
- 2 stalks celery, diced
- Kale or spinach (or any vegetables you prefer)
- Half of a red bell pepper, diced
- 1 tsp. Better than Broth (in 1 cup hot water, and then add 2nd cup warm water)

**Directions:**

1. Brown the ground turkey or chicken in the olive oil. Add turmeric and cumin, purple onion, red pepper, and celery. Sauté for a few minutes. Add garlic and sauté for a few minutes more. Add tomato sauce (and optional salso) and sauté for a few additional minutes.
2. Add quinoa and Better than Broth/Water mixture. (Liquid should be about 2 to 1 Water/Quinoa.)
3. Add carrots and bring to a boil; reduce heat to a simmer. Add kale or other selected vegetables on top, to steam, with a lid on top for about 10 to 15 minutes. Lightly fold in the kale and simmer for 5 or 10 minute more.
4. For the last 5 minutes of simmer add a few tsp. of chopped cilantro and/or green onion.
5. In skillet, cook sausages. Cool then slice into small rounds.
6. To skillet, add 1 tbsp. olive oil and all remaining ingredients.
7. Sauté until tender/crisp
8. Add sausage back in and heat through
9. Serve over rice or quinoa