



Mushroom Quinoa Pilaf

Author and cooking teacher Jill Nussinow brought her fun teaching style and delicious recipes recently to La Cocina Que Canta. Her “Vegan Under Pressure” cookbook has over 175 plant-based quick and easy recipes. She shares her Mushroom Quinoa Pilaf recipe below with an instant pot pressure cooker option at the bottom.

Serves 4

INGREDIENTS:

- 1 cup quinoa, rinsed and drained
- 1 small onion, chopped fine
- 2 to 3 cloves garlic, minced
- 1 or 2 sprigs thyme
- 1 cup mushrooms, cremini or oyster, chopped
- 1 ¾ cup water or vegetable broth
- 2 tablespoons pepitas (pumpkin seeds)
- 3 tablespoons chopped fresh herbs of any kind
- Salt and pepper to taste

METHOD:

1. Add the quinoa to a saucepan over medium heat. Toast for a minute or until dry.
2. Add the onion, garlic, mushrooms, and thyme. Stir for about a minute.
3. Add the water or broth and bring to a boil.
4. Reduce the heat to a simmer and cover.
5. Simmer for 12 minutes, then remove the pan from heat and let sit covered for five minutes. If doing this in a pressure cooker, use 1 cup of quinoa and 1 cup of liquid and cook for 5 minutes at high pressure.
6. Top the quinoa with herbs, pepitas, and add salt and pepper to taste.

¡Buen Provecho!