Quinoa with Turkey or Chicken and Veggies

From the kitchen of Brenda Rehbein, Stanford 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 teaspoon cumin
- ½ teaspoon turmeric
- A few teaspoons 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 teaspoon Better than Broth (in 1 cup hot water, and then add second 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 salsa) 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 to 10 minutes more.

4. For the last 5 minutes of simmer add a few teaspoons of chopped cilantro and/or green onion.

5. In skillet, cook sausages. Cool then slice into small rounds.

6. To skillet, add 1 tablespoon 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.