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QUINOA PILAF

Yield: 3-4 servings

INGREDIENTS

- Extra virgin olive oil
- 1 small onion, diced
- 1/2 rib celery, diced
- 1/2 carrot, diced
- 1 cup quinoa
- 2 cups beef stock

DIRECTIONS

Heat a medium saucepan over medium heat. Add olive oil, then onion, celery and carrot. Sauté until vegetables are slightly softened. Add quinoa and "toast" for a minute or two. Add beef stock; bring to a boil. Reduce to a simmer, cover pan and simmer until all of the liquid has been absorbed, about 10 to 12 minutes.