

Basic Grain Mix

Ingredients:

- 2 cups dried quinoa
- 3 cups dried lentils
- 1 can black beans
- 1 onion, chopped
- 5 cloves garlic, chopped
- Fresh (or dried) spices of your choice
- Salt and pepper to taste
- 2 tbsp golden paste (recipe on website)
- ¼ cup dried seaweed

Instructions

1. In a rice cooker add beans and appropriate amount of water
2. Add other ingredients
3. Can mix with any vegetables
4. Can be used to mix with and create many dishes in other recipes

