

Amaranth & Millet Tomato Dinner Recipe

Genki Kitty



Ingredients:

1 tbsp olive oil
2 onions, chopped
3 c fresh spinach leaves
1 can sliced stewed tomatoes (or diced)
3 cups water
4 clove garlic, sliced
1 tbsp tomato paste
1 tsp vegetable bouillon
1/2 c uncooked millet
1/4 c amaranth

1. Heat olive oil in a medium saucepan over medium heat. Stir in onions and garlic, and cook until tender. Mix in spinach. Stir in tomatoes. Allow vegetables to simmer about 5 minutes
2. Pour 2 cups water into saucepan, and bring to a boil. Mix in garlic, tomato paste, bouillon paste, salt and pepper (to taste). Reduce heat, and cook at a low boil about 15 minutes, until water is reduced by half.
3. Stir millet and amaranth and remaining water into the spinach mixture. Return to boil, reduce heat, and simmer covered 10 minutes, or until grains are tender and fluffy. (Can serve with Falafel as seen in the picture)

The Balanced Body Center

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