

# Lentil Beet Quinoa

Number of Servings: 1

Prep Time: 10 minutes

Cook Time: 30 minutes

## Ingredients

1 medium onion, diced  
1/4 cup quinoa  
1/4 cup red lentils  
1 large golden beet, diced small  
2 cups water  
salt & pepper  
1 tbsp oregano  
1/4 tsp ajwain

## Instructions

Add all the ingredients to a pot and bring to a boil. Reduce to low and cook for 20-30 minutes until the quinoa is cooked and the beets are soft.

Change the spices to suit your tastes, additional vegetables can be added or kale/chard in the last 5 minutes of cooking.