## **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 adjwain

## **Instructions**

Add all the ingredients to a pot and bring to a boil. Reduce to low and cook fro 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.