

Slow Cooker Vegetable Parmesan Quinoa

Ingredients

2 cups quinoa
4 cups vegetable broth
1 can (15 ounce) great northern beans
1.5 cups broccoli florets
1/2 cup sun dried tomatoes in water
1 small yellow onion
3 cloves garlic
1 large zucchini
1 cup mushrooms
1 tsp. salt
1 tsp. basil
1 tsp. oregano
1/4 cup parmesan cheese
Kosher salt and pepper to taste



Instructions

1. Rinse and drain quinoa.
2. Rinse and drain great northern beans
3. Chop broccoli florets.
4. Chop sun dried tomatoes.
5. Dice small onion.
6. Mince garlic cloves.
7. Slice zucchini.
8. Clean and slice mushrooms
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9. In a 4-5 quart slow cooker, place quinoa and broth and top with remaining ingredients.
10. Place on high for 3-4 hours or on low for 5-6 hours.
11. Fluff with a fork, top with Parmesan cheese and salt and pepper if desired
12. Serve immediately.