



Simple | Healthy | Delicious

Amaranth with Spinach Tomato Mushroom Sauce



INGREDIENTS

1 cup Nature's Earthly Choice amaranth
2-12 cups water
1 Tablespoon olive oil
1 bunch spinach (or young amaranth leaves if available)
2 ripe tomatoes, skinned and coarsely chopped
1/2 pound mushrooms, sliced
1-1/2 teaspoons basil
1-1/2 teaspoons oregano
1 clove of garlic minced
1 Tablespoon onion, minced
Sea salt and pepper to taste (or use a salt substitute)

DIRECTIONS:

1. Add Nature's Earthly Choice amaranth to boiling water, bring back to boil, reduce heat, cover and simmer for 18-20 minutes.
2. While amaranth is cooking, stem and wash spinach, then simmer until tender. Dip tomatoes into boiling water to loosen skin, then peel and chop. Heat oil in a skillet over medium heat and add garlic and onion. Sauté approximately 2 minutes. Add tomato, mushrooms, basil, oregano, salt, pepper and 1 Tablespoon of water. Drain and chop spinach and add to tomato mixture. Cook an additional 10 - 15 minutes, stirring occasionally. Lightly mash tomato as it is cooking.
3. Stir the sauce into the amaranth or spoon it on top