

Quinoa with Sausage and Kale

1. In a large heavy bottomed pot, sauté onion in coconut oil until translucent. Add sliced sausage and lightly brown.
2. Stir in stock. Be sure to scrape the bottom to deglaze pan. Add Chopped kale, quinoa, and thyme.
3. Bring to a boil on high heat, and then cover and turn down to low.
4. Allow it to cook (about 15 min) until all liquid is absorbed and the quinoa is tender but still chewy and white spiral-like threads have released from each grain (yes, that is supposed to happen). Season with salt and pepper to taste. Enjoy!