

# The Camping Detective Outdoor Camping Recipes.

## Recipe #6: Outdoor Quinoa with Bean and Mushroom Special

### Ingredients:

- 1 cup – pre cooked quinoa*
- 2 cups – pre cooked adzuki beans (red kidney beans are fine too)*
- ½ cup – sliced mushrooms (either shitake or baby bella)*
- ¼ cup – sliced celery*
- 1 tbsp – chopped parsley*
- 1 tbsp – sliced green onion*
- 1 tbsp – olive oil*

### Spices used:

*Salt & Pepper*

### Preparation: (Overall cooking time – about 20 minutes)

- 1** – Pour olive oil in the pan.
- 2** – Sauté the mushrooms, celery, parsley and green onion until tender and glossy with medium heat.
- 3** – Reduce heat to low.
- 4** - Add the quinoa and beans to the mixture.
- 5** - Cover the pan with a lid and heat contents for 20 minutes.
- 6** – Stir occasionally with a spatula to mix the contents.
- 7** – Serve when hot.

That's fast! Enjoy!

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