

RECIPE by Rebel Eats

Amaranth Stew



Ingredients

- 1 cup of amaranth
- 1-2 cups of veggie broth
- 2 teaspoons oil or butter
- 1 small diced onion of your choice
- 1/4 cup sun-dried tomatoes, chopped
- 1/4 cup roasted sunflower seeds
- 2 large cloves garlic, peeled and minced
- 1 large lemon or lemon juice
- 1 diced jalapeno or a pinch of red pepper flakes (optional)
- 1/4 cup frozen green peas
- 1/4 cup of mushrooms
- 1 (13 to 14-ounce) can coconut milk
- 2 tablespoons freshly squeezed lemon juice, plus more as needed

- For garnish I recommend fresh mint, green onions, and zest of a lemon
- 1 teaspoon salt and pepper plus more as needed

Preparation

1. Heat the oil or butter in a large, deep Dutch oven or heavy pot over medium-high heat. Add the onion and cook until the onion is translucent. Add the sun-dried tomatoes, garlic, jalapeno or red pepper. Cook for 3 minutes, stirring frequently.
2. Add the peas, mushrooms and cook for another 3-4 mins
3. Bring 1 cup water, half a cup of coconut milk, and 1/4 teaspoon salt to a boil in a medium pot. Add Amaranth, reduce heat, cover and simmer, until liquid is absorbed, about 20 minutes.
4. Serve the amaranth in a bowl and top with cooked vegetables and spices. Add a splash of lemon juice.
5. Garnish with fresh mint, green onion and lemon zest.

To Roast fresh sunflower seeds: In a medium skillet over medium low heat, heat sunflower seeds until lightly browned and fragrant, stirring occasionally, about 5 to 10 minutes.