

# One Pot Veggie Quinoa Bowl with Fried Egg

Adapted from: Linda Wagner

**Prep time:** 10 minutes

**Cook time:** 15 minutes

**Total time:** 25 minutes

**Serves:** 4



## Ingredients

- |                                       |                            |
|---------------------------------------|----------------------------|
| 1 cup red, white quinoa mixture       | 1 cup shredded kale        |
| 2 ½ cups chicken (or vegetable) broth | 1 bag frozen peas (16 oz.) |
| 1 bag (10 oz.) shredded carrots       | salt and pepper to taste   |
| 1 large broccoli floret, diced fine   | 1 egg                      |
| 2 cups raw baby spinach               |                            |

## Instructions

1. In a large pot over medium-high heat, add broth, quinoa, carrots, broccoli, and salt and pepper to taste. Cover and cook until all the water is absorbed - about 15 min.
2. Stir in spinach, kale, and frozen peas.
3. Serve as is or top with a fried egg.