



Ingredients

- 1 medium shallot
- 1 red bell pepper
- 2 tablespoons butter
- 1 cup grains (any combination of quinoa,
baby garbanzo,
- ½ cup golden raisins
- 2 cups chicken stock

What To Do:

Chop shallot and bell pepper then add them to a medium sized pot with the butter and sauté until the shallots are translucent. Then add the grains, raisins and chicken stock. Bring the stock to a boil, turn off the heat and cover with a tight lid for 20-minutes. Before serving chop the parsley and mix it in.