



## Quinoa Sausage Casserole PASTEL DE QUINOA

**SERVES** 4-6 **PREP TIME** 30 min **COOK TIME** 30 min

### INGREDIENTS

- 1 cup **La Fe Quinoa**
- 2 cups chicken broth (or vegetable broth for vegetarian version)
- 1/2 cup dried cranberries
- 2 tbsp **La Fe Vegetable Oil**
- 3 links of **La Fe Chorizo Sausage**
- 1 tbsp minced garlic
- 6 cups spinach leaves
- 3 tbsp water
- 6 ounces cream cheese, softened
- 2 eggs
- 1/2 tsp **La Fe Ground Cumin**
- 1/2 cup chopped pecans
- Salt and pepper to taste
- 4 tbsp butter, melted

### DIRECTIONS

1. Begin by placing the La Fe Quinoa in a saucepan with the broth of your choice and bring it to a simmer. Cook the quinoa mixture until it has absorbed all of the liquid. This process should take roughly 15 to 20 minutes. Now, remove the quinoa from heat and stir in cranberries. Once evenly stirred, cover the pan and set it aside.
2. Following this, add the La Fe Vegetable Oil to a heavy skillet and place it over medium heat. Now, add in the La Fe Chorizo Sausages, making sure to crumble them with a wooden spoon or spatula as they cook. Cook sausages until browned. Now remove the sausages from skillet and set them aside.
3. Following this, add garlic into the same skillet and cook briefly over medium heat, until fragrant. Once you complete this process, add the spinach and 3 tablespoons of water, making sure to cook until the spinach is wilted and the water has evaporated. Now, remove the spinach, making sure to drain thoroughly and then chop.
4. After this, preheat the oven to 350 Degrees F. Now, mix the sausage and spinach into the quinoa mixture. Once evenly mixed, stir in the cream cheese, eggs, La Fe Cumin, pecans, salt, and pepper.
5. Make sure to brush the bottom and sides of a casserole dish with melted butter. Now, spoon in the quinoa mixture, making sure not to mash down the quinoa. Top off the casserole dish with remaining melted butter.
6. Finally, bake the casserole until it has browned on top. This process should take about 25-30 minutes.
7. Remove from oven and serve warm.