



Amaranth with Spinach Tomato Mushroom Sauce

Ingredients:

1 cup amaranth seed
2-12 cups water
1 Tbsp. olive oil
1 bunch spinach (or young amaranth leaves if available)
2 ripe tomatoes, skinned and coarsely chopped
1/2 pound mushrooms, sliced
1-1/2 tsp. basil
1-1/2 tsp. oregano
1 clove of garlic minced
1 Tbsp. onion, minced
Sea salt and pepper to taste (or use a salt substitute)

Procedure:

Add amaranth to boiling water, bring back to boil, reduce heat, cover and simmer for 18-20 minutes.

While amaranth is cooking, stem and wash spinach, then simmer until tender. Dip tomatoes into boiling water to loosen skin, then peel and chop. Heat oil in a skillet over medium heat and add garlic and onion. Sauté approximately 2 minutes. Add tomato, mushrooms, basil, oregano, salt, pepper and 1 Tbsp. of water. Drain and chop spinach and add to tomato mixture.

Cook an addition 10 – 15 minutes, stirring occasionally. Lightly mash tomato as it is cooking. Stir the sauce into the amaranth or spoon it on top.

