

Green Mac & Cheese

Ingredients:

1 lb beef
1/2 - 2/3 cup cooked quinoa
2 cups packed spinach
3 Tbsp butter
2 Tbsp flour (almond or buckwheat)
3 cups grated cheese
1 frozen bag broccoli
1 frozen bag peas
1 can coconut milk

Directions:

1. Brown meat in pan. Once brown, add frozen peas and broccoli.
2. White meat is browning, in a blender, blend spinach and coconut mix.
3. In pot, melt butter; add flour, whisking continuously over low heat (2-3 minutes) to make roux.
4. Slowly mix/whisk in spinach/coconut mix and bring to boil. Reduce heat, whisk occasionally for 3-4 minutes or until sauce is gently bubbling and thickening.
5. Add cheese, whisk until melted. Add quinoa. Stir in meat/veggie mix.