



## Challenge Day 5

# Chew's Challenge



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## Quick Quinoa Stir-Fry

### Ingredients

1 cup quinoa	2 Tbsp minced garlic
2 cups water	1/2 cup sliced mushrooms
1 cup whole string beans	1/2 cup green peppers
3 Tb chicken style seasoning	3 Tbsp Olive Oil



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## Armenian Lentil Soup

### Ingredients

1 1/2 cups lentils	1 Tbsp chicken style seasoning
10 cups water	1 tsp garlic powder
1/2 cups brown rice	1 tsp dill weed
2 Tbsp lemon juice	2 tsp cumin
2 Tbsp bragg's liquid amino	1 cup spinach
1 Tbsp onion powder	15oz can of diced tomato
1 Tbsp salt	

