

# Gluten Free & FABULOUS<sup>®</sup>

GREAT RECIPE!

## MARINARA BOLOGNESE

### • Ingredients •

2 packages of Gluten Free & Fabulous Quinoa & Marinara<sup>®</sup>  
1 lb lean ground beef  
1 small onion  
1 small celery stalk  
2 large carrots  
olive oil

### • Directions •

In large pasta pot, boil 1 quart water with 1 Tbsp. oil to prevent sticking. Add both packages of noodles to water (remove marinara packets). Simmer 10 minutes. Drain. Chop onion, celery, carrot into cubes. Sauté onion with 2 Tbsp. olive oil until translucent, add celery and carrot until slightly cooked. Add ground beef to onion mixture. Cook thoroughly. Remove any excess fat. Add marinara packets to beef mixture. Add 1/2 oz. hot water. Stir until thickened. Pour over hot quinoa noodles.

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BON APPETIT!  
QUINOA WITH MARINARA<sup>®</sup>

# Gluten Free & FABULOUS<sup>®</sup>

*Deliciously Wheat & Gluten Free*



*All Natural*

