



# NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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## Hearty Ragoût

### Ingredients:

- 2 lrg jars      Organic Tomato Sauce, *no added sugars*
- 4 cups        Organic Onion, *medium dice*
- 3 cups        Organic Broccoli Florets
- 2 cups        Cooked Organic Red Quinoa (*about 2/3 cup uncooked*)
- 1 can         Organic Black Beans, *drained and rinsed*
- ½ cup         Organic Arugula
- ½ cup         Organic Spinach, *stems removed*
- 3 tbsp.       Organic Extra Virgin Olive Oil
- 1 tbsp.       Fresh Organic Garlic, *minced*
- 1 tbsp.       Organic Hot Sauce
- ¼ tsp         Mineral Salt
- ¼ tsp         Black Pepper



### Instructions:

1. In large non-stick skillet on medium heat, add 2 tablespoons of the extra virgin olive oil, onions, salt and pepper, and sauté until light golden brown.
2. Add broccoli florets and sauté five minutes.
3. Add black beans, and make a well in the middle of the beans. Add remaining olive oil and garlic to the well, and cook the garlic until aromatic, about one minute.
4. Add tomato sauce, hot sauce and cooked quinoa. Mix and bring to a simmer.
5. Add spinach and arugula, and stir until thoroughly mixed and heated, and greens begin to wilt. Serve.