



# KOREAN PORK VEGGIE QUINOA BOWL

Makes 4 servings | Serving size: 1 bowl

**PREP TIME**  
**10 min**

**COOK TIME**  
**6-8 hr**

**TOTAL TIME**  
**8 hr 10 min**

*With this recipe, you'll make bright, colorful, protein-packed veggie bowls the whole family will love! Plus, these healthy quinoa bowls have 29 grams of protein and only 340 calories!*



## Ingredients

- 1 cup uncooked quinoa
- 1 tablespoon sesame oil
- 2 cloves garlic, minced
- 2 cup chopped broccoli
- 1 yellow pepper, sliced
- 1 red pepper, sliced
- 2 carrots, chopped
- 1 cup snow peas
- ¼ red onion, sliced
- 2 cups Korean Shredded Pork

### Korean Shredded Pork

- 2 pounds boneless pork loin
- ¾ cup hoisin sauce (gluten-free, if needed)
- 2 tablespoons low-sodium soy sauce (gluten-free, if needed)
- 1 tablespoon rice vinegar
- 1 tablespoon fresh ginger
- 4 garlic cloves, minced
- ¼ cup sliced green onions

## Directions

1. First make the Korean Shredded Pork.
2. Place the pork loin in the bottom of a slow cooker. Whisk together the hoisin sauce, soy sauce, vinegar, ginger, garlic, and green onions. Pour on top of the pork loin.
3. Cook, covered, on high for 6 hours or on low for 8 hours.
4. 30 minutes before pork is finished, bring the quinoa and two cups of water to a simmer in a medium sauce pan. Cover and reduce the heat. Cook until all the liquid is absorbed and the quinoa is cooked—about 20 minutes.
5. In a wok or skillet, heat the sesame oil over medium heat. Add the garlic and remaining vegetables. Cook for 5-10 minutes or until tender.
6. Divide the quinoa among four bowls. Top with ½ cup pork and 1/4th of the stir fry vegetables.
7. Leftover pork can be used for tacos, burritos, rice bowls, etc.