Make a quick mushroom–quinoa skillet

You asked: I have quinoa and i have mushrooms
Researched Oct 14, 2026

Yes: make a savory mushroom–quinoa skillet. It takes about 10 minutes if your quinoa is cooked. If it is dry, start it first, then cook the mushrooms while it simmers.

What you need

For 1–2 servings, use:

- 2 cups sliced mushrooms
- 1½–2 cups **cooked** quinoa
- 1 tablespoon oil or butter
- Salt and black pepper

Helpful, but optional: garlic or onion, soy sauce, a squeeze of lemon, dried herbs, cheese, greens, beans, or an egg.

If your quinoa is already cooked

1. Heat the oil or butter in a wide skillet over medium-high heat.
2. Add the mushrooms in one layer. Leave them alone for 2–3 minutes.
3. Stir and keep cooking until their liquid has cooked away and they have browned, about 5–8 minutes. Add a pinch of salt near the end.
4. Add garlic or onion, if you have it, and cook for 30 seconds.
5. Add the cooked quinoa. Stir until hot, then season with pepper and one of the finishes below.

Garlic mushroom quinoa skillet
Watch a mushroom and quinoa skillet recipe with garlic and spinach.
Video · https://www.youtube.com/watch?v=ctzogH1-HCw

The key is not rushing the mushrooms. If you add quinoa while the pan is still watery, the whole dish will taste steamed rather than browned.

If your quinoa is dry

Rinse ½ cup quinoa in a fine strainer. Put it in a small pot with 1 cup water or stock and a pinch of salt. Bring it to a boil, cover, reduce to low, and simmer for about 15 minutes. Let it sit, covered, for 5 minutes, then fluff with a fork. That makes roughly enough quinoa for this skillet. Package directions should win if they differ. [1]

While it cooks, brown the mushrooms as above. Fold in the cooked quinoa when it is ready.

A 1:2 quinoa-to-liquid ratio is a reliable starting point, though some methods use slightly less liquid for firmer grains. The useful signs are tender, separate grains and little or no liquid left in the pot. [2] [3]

Choose one finish

Use what you have rather than buying ingredients:

- **Deep savory:** Add 1–2 teaspoons soy sauce or another salty savory sauce.
- **Bright:** Add lemon juice or a small splash of vinegar.
- **Creamy:** Stir in grated cheese, a spoonful of yogurt, or a little butter off the heat.
- **More filling:** Add a fried egg, drained beans, or leftover chicken.
- **More vegetables:** Wilt in spinach or other quick-cooking greens at the end.
- **Only quinoa and mushrooms:** Use oil, salt, and plenty of black pepper. Brown the mushrooms well, then taste before serving.

Eat it from a bowl, or use it as a filling for a wrap or alongside a fried egg.



The finished bowl shows separate quinoa grains and deeply browned mushroom slices. · Image source: Garlicky Mushroom Quinoa

---

Sources

1. All-Clad https://www.all-clad.com/blog/post/How-to-Cook-Quinoa-Water-Ratio-Cooking-Time-Easy-Recipes
2. Honest to Goodness https://goodness.com.au/how-to-cook-quinoa/
3. A Couple Cooks https://www.acouplecooks.com/quinoa/