

# Chicken Quinoa Vegetable Soup



Serving size: 8 (1 1/4 cups)

TOTAL TIME

45 mins

DIFFICULTY

EASY

DAIRY-FREE

GLUTEN-FREE

## Preparation

1. Heat 1 teaspoon of olive oil in large saucepan over medium heat. Add chicken, salt and pepper and cook – stirring frequently until the chicken is just white on the outside. Remove chicken from pan and set aside.
2. Add remaining olive oil to the same pan, as well as the chopped onion, celery and thyme. Stir frequently until vegetables are tender – about 7 minutes.
3. Stir in quinoa, chicken broth and chicken. Bring to a boil and then reduce heat to medium-low. Cover and let simmer until quinoa is soft – about 15 minutes.
4. Add frozen peas and carrots and heat for an additional five minutes. Add extra ground pepper to taste.
5. Garnish with chopped parsley and serve.

## Nutrition Facts Per Serving

Calories	221
Fat	7g
Saturated Fat	0g
Cholesterol	44mg
Carbohydrate	23g
Fiber	4g
Protein	15g

## Ingredients

- 2 1/2 teaspoons olive oil, divided
- 3 boneless, skinless chicken breasts, cut into 1/2-inch cubes
- 1/4 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1 cup yellow onion, minced
- 1 cup celery, diced
- 1 teaspoon dried thyme
- 1 cup quinoa
- 5 1/4 cups fat free, low-sodium, gluten-free chicken broth
- 1 bag (16 ounces) frozen peas and carrots (or other vegetable mix)
- 1/3 cup chopped parsley

Substitution: turkey breast in place of chicken

