

CHICKEN AND QUINOA SOUP

Ingredients

1 lb. boneless, skinless chicken breasts (all visible fat discarded, cut into 1-inch cubes)
4 C fat-free, low-sodium chicken broth
1 large onion (chopped)
3/4 C water
1 medium carrot (sliced)
3 large garlic cloves (minced)

1 Tbsp. chopped, fresh thyme
1 medium dried bay leaf
1/4 tsp. pepper
1/3 C uncooked quinoa (rinsed, drained)
2 oz. sugar snap peas (trimmed, sliced diagonally)

Directions

- In a large saucepan, stir together the chicken, broth, onion, water, carrot, garlic, thyme, bay leaf, and pepper. Bring to a boil over medium-high heat. Reduce the heat and simmer, partially covered, for 5 minutes.
- Stir in the quinoa. Cook for 5 minutes.
- Stir in the peas. Cook for 5 to 8 minutes, or until the quinoa is tender and the chicken is no longer pink in the center. Discard the bay leaf before serving the soup.

Source: heart.org

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