

## 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](http://heart.org)

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