



Chicken Quinoa Soup (H)

Serving: 1

Non Veg

Ingredients

- 1 tsp olive oil / any oil
- 2 tbsp chopped onion
- 2 tbsp carrots, sliced diagonally
- 1 tbsp celery , chopped
- 2-3 garlic cloves, minced
- 1 bay leaf
- 1 tsp dried thyme OR oregano
- 1 and 1/2 cups chicken broth
- 1 tbsp quinoa, rinsed well
- 50 grams / Palm shredded/chopped cooked boiled chicken
- salt and pepper, to taste

Preparation Method

- In a medium stock / pan, heat the oil over medium heat.
- Add the onion, carrots, celery, garlic, the bay leaf, and thyme and cook, stirring occasionally, until the vegetables are just softened, about 5 minutes.
- Add the chicken stock and quinoa and bring it to a boil.
- Reduce the heat and simmer until the quinoa is cooked,
- Stir in the chicken and allow to cook a few minutes, until the chicken is thoroughly heated.
- Remove the bay leaf before serving. Enjoy