

# Chicken & Quinoa

## Tortilla Soup



### Ingredients

- ☐ 2 lbs Chicken
- ☐ 180 g Quinoa (uncooked)
- ☐ 1.4 litres Chicken Broth
- ☐ 4 Vine Tomatoes, chopped
- ☐ ¼ Red Onion, diced
- ☐ 15 oz Black Beans
- ☐ 15 oz Frozen Corn
- ☐ 3 Jalapenos, chopped
- ☐ 1 tbsp olive oil
  
- ☐ 1 tsp Garlic
- ☐ 1 tbsp Chili Powder
- ☐ 1 tbsp Ground Cumin
- ☐ Sea Salt, to taste
- ☐ Pepper, to taste
  
- ☐ Avocado, chopped
- ☐ Scallions/Cilantro
- ☐ Cheese

### Utensils

- ☐ Slow cooker
- ☐ Stirring spoon
- ☐ Serving spoon

### Cooking Instructions

1. Add all ingredients, except toppers, into slow cooker.
2. Mix well.
3. Set to low, cook for 8 hours
  
4. Once 6:24 hours have completed, remove chicken and pull apart.
5. Add chicken back in and cook for remainder of time.
  
6. Serve immediately topped with cheese, scallions, and avocado.