**Healthy and Hearty Chicken Quinoa Stew**

2 Tablespoons extra virgin olive oil

1 large onion, chopped

5 stalks celery, chopped

4 large carrots, peeled and sliced

2 Cups sweet pepper, chopped (I get the big bag from Costco, love them!)

1 large zucchini, quartered and sliced

64 oz chicken broth

15 oz can diced tomatoes

5 medium Yukon Gold potatoes, scrubbed and cubed into 1 inch pieces

3 Cups cooked quinoa

4 medium boneless skinless chicken breasts, cooked, shredded and lightly seasoned with salt and pepper

2 Tablespoons Dijon Mustard

1 Tablespoon Hot Sauce, I used Cholula

Kosher Salt, fresh cracked black pepper and Lawry’s Garlic Salt with Parsley to taste

1 1/2 Cups fresh parsley, chopped

1.  Heat oil in a large pot over medium heat.  Saute onion, celery, carrots, peppers and zucchini until softened, about 5 minutes.  Stir in chicken broth and tomatoes and potatoes.  Increase heat to high just until broth starts to boil.  Reduce to medium high and cook potatoes for 10 minutes or until fork tender.  Reduce heat to low and stir in quinoa, chicken, dijon mustard, hot sauce and season to taste w/ salt, pepper and Lawry’s.  Stir in fresh parsley and simmer until ready to serve.

8-10 servings