

# Chicken, Quinoa, Vegetable Soup

Portion Size: 1 cup      Yield: 8

## Ingredients:

Canola Oil	2 tsp
Celery, chopped	$\frac{3}{4}$ cup
Onion, Yellow, chopped	1 $\frac{1}{2}$ cup
Carrots, peeled, chopped	1 $\frac{1}{4}$ cup
Garlic, chopped	1 $\frac{1}{2}$ tsp
Thyme, fresh, chopped	2 tsp
Chicken Broth, low sodium	1 quart
Chicken Breast, boneless, cubed	12 oz
Quinoa, dry	$\frac{3}{4}$ cup
Kale, fresh, chopped	1 cup
Salt	$\frac{3}{4}$ tsp
Black Pepper	$\frac{1}{4}$ tsp
Lemon Juice	2 tsp

## Preparation:

1. In a soup pot, heat oil. Sweat celery, onions and carrot until translucent.
2. Stir in garlic and thyme. Cook until fragrant.
3. Add chicken broth and bring up to a simmer.
4. Stir in cubed chicken and cook until chicken is cooked through.
5. Stir in quinoa and kale. Cook just until quinoa is tender, about 10 minutes.
6. Remove soup from the heat. Stir in lemon juice, salt and pepper

## Nutrition Information Per Serving:

Calories	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)
130	12	13	2	2	3	.5	320



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