

Sarah's Healing Touch

Harvest Chicken Quinoa Soup

Ingredients:

- 1 T. extra virgin olive oil
- 4 carrots diced
- 2 ribs of celery diced
- 1 onion chopped
- salt and pepper
- 1 small bunch of chopped kale leaves
- 3 cloves garlic minced
- 8 cups chicken broth
- 1 t. parsley flakes
- 1/2 t. thyme
- 1 bay leaf
- 2 large chicken breasts (cooked in chicken broth and then shredded)
- 1 large yam peeled and chopped into 1/2" cubes
- 1 large russet potato peeled and chopped into 1/2" cubes
- 1 C. Quinoa, rinsed and drained
- 1/4-1/2 C. grated parmesan cheese

Directions:

Cook chicken breasts in broth, once cooked take out and set aside to cool. Heat oil in large skillet or pot over medium heat. Add carrot, celery, and onion, season with salt and pepper, then sauté until tender, about 10 minutes. Add kale and garlic, season with more salt and pepper, then sauté for 2 more minutes. Add ingredients to chicken broth along with parsley flakes, dried thyme, bay leaf.

Add sweet potato, russet potato, and quinoa to boiling broth. Place a lid on top, lower heat to medium, then cook for 10 minutes or until potatoes are tender and quinoa is cooked. Meanwhile shred chicken.

Add shredded chicken back to the soup, remove bay leaf, then add parmesan cheese and stir to combine. Taste and add more salt & pepper if necessary. Serve topped with additional parmesan cheese, if desired.

Rejuvenate Refresh Relax