

313 MAIN STREET
AMES, IA 50010
515.233.4272

M-W 9:30am-6pm
TH 9:30am-8pm
FR 9:30am-6pm
SA 9:30am-5pm



Chicken, Lime & Quinoa Soup
Serves 4-6

This delicious soup is extra filling with the double protein power from including both chicken and quinoa. Lime juice keeps this dish tasting bright, and the festive garnishes add even more flavor and freshness. Try this soup for a healthy weeknight meal, and enjoy your efforts the next day as a hot lunch!

Ingredients:

2 tablespoons olive oil
1 onion, diced
2 cloves garlic, minced
1 jalapeño, halved, seeded, and thinly sliced
1/2 teaspoon ground cumin
1/2 teaspoon paprika
1/2 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper
4 cups chicken broth
1 lb boneless chicken breasts (about 2 - 3 breasts)
2 tomatoes, diced
2 limes, juiced, (about 1/4-1/2 cup of fresh lime juice)
1/2 cup quinoa, uncooked

Garnish:

1 avocado, diced
2-3 scallions, thinly sliced
1 tablespoon cilantro, chopped
4 tablespoons sour cream

Directions:

1. In a large soup pot, sauté the onion, garlic, and jalapeño in olive oil until the onion has softened. Add the cumin, paprika, salt, and pepper.
2. Add the broth and chicken breasts and bring to a boil. Simmer the chicken breasts until they are cooked through (about 10-15 minutes depending on the thickness of the breasts). Remove the cooked chicken breasts, place on a plate, and shred apart with two forks.
3. Add the diced tomatoes, lime juice, quinoa, and shredded chicken back into the soup pot, and simmer until the quinoa is tender - about 12-15 minutes.
4. Serve the soup with an array of garnishes: diced avocado, sliced scallions, minced cilantro, and a generous dollop of sour cream.