

CHICKEN QUINOA AND BROWN RICE SOUP



▶ [CLICK TO VIEW & PRINT RECIPE PDF](#)

MOLBECK'S
Health & Spice Shop

Time: 1 hour
Yield: 10 main course servings
Recipe from Jamie Cooks It Up!

Ingredients:

1 onion, chopped
2 C carrots, chopped
2 C celery, chopped
2 Tb olive oil, divided
1 1/2 pounds chicken thighs (I used frozen)
16 C water
12 tsp chicken base (or chicken bullion)
1 1/2 tsp thyme
1 tsp poultry seasoning
1 tsp parsley
2 bay leaves
salt and pepper
2/3 C red quinoa (or regular)
3/4 C brown rice
5 C spinach

1. Chop up 1 onion, 2 cups carrots and 2 cups celery.
2. Heat a large deep skillet over medium high heat. Add 1 tablespoon olive oil to the pan. When the oil is hot add the vegetables and sprinkle them with a bit of salt and pepper. Cook them until they are crisp tender. Should take about 5 minutes. Carefully scoop them onto a plate and set it aside.
3. While your veggies are cooking place 1 1/2 pounds chicken thighs into a soup pot. I used frozen.

4. To the soup pot add 16 cups hot water and 12 teaspoon chicken soup base, or chicken bullion cubes.
 5. Add 1 1/2 teaspoons thyme, 1 teaspoon poultry seasoning, 1 teaspoon parsley and 2 bay leaves. Sprinkle in a generous amount of salt and pepper.
 6. Bring the soup to a boil over high heat. Watch it closely so the pot doesn't boil over! Once you have a rolling boil, turn the heat down to medium and allow the chicken to cook through. Should take about 20 minutes.
 7. Grab 2/3 C red quinoa and 3/4 C brown rice.
 8. Grab the skillet you used to saute the veggies in and heat it up over medium high heat. Add 1 tablespoon olive oil. When the oil is hot add the quinoa and brown rice. Give it a nice stir and allow the quinoa and rice to get nice and toasted. It will start to smell fantastic, and kind of nutty. Should take about 5 minutes.
 9. When the chicken is cooked through, remove it from the pot and shred it with two forks. Carefully place it back in the pot.
 10. Carefully pour the toasted quinoa and rice into the soup pot. Bring the mixture back to a boil and place the lid on sideways so that some of the steam can escape.
 11. Cook for 20 minutes, or until the grains are soft and cooked through.
 12. Add the veggies and simmer just until they are heated through.
 13. Remove the soup pot from the heat.
 14. Grab about 5 cups (give or take) spinach and chop it into tiny pieces. Toss it into the soup and give it a nice stir.
- Taste the soup and add more salt and pepper if you like.

Enjoy!