

BLUE MESA

SOUTHWEST GRILL

Enjoy this home recipe from our chef Becky Foulk's cookbook *Cooking Soup to Nuts*

Chicken soup is my go-to soup for comfort and healing. This recipe is easy to make, with southwest flavors and a little extra protein from quinoa.

*Happy Cooking,
Becky*

Aztec Chicken Soup

YIELDS: 3½ QUARTS

1/4 cup	Canola Oil
2 cups	Chicken Breast, diced
1 cup	Onions, diced
1 cup	Carrots, diced
1/2 cup	Celery, diced
1 tsp	Cumin
1/2 tsp	Chili Powder
1/2 tsp	Paprika
1/2 tsp	Salt
1/2 tsp	Black Pepper
1/4 tsp	Chipotle Powder
2 cups	Chunky Salsa Verde – homemade or store bought
1 can	Fire Roasted Tomatoes (14.5 oz)
2 quarts	Chicken Stock
2/3 cup	Raw Quinoa, rinsed
4 Tbsp	Cilantro, chopped

- ➔ Heat a soup pot over medium-high heat with canola oil
- ➔ Add chicken, season with salt and pepper, and lightly brown
- ➔ Add onions and spices, cook for 2 minutes
- ➔ Add carrots and celery, sauté until vegetables begin to sweat
- ➔ Add salsa, tomatoes and chicken stock
- ➔ Bring to a boil, reduce heat and simmer 10 minutes
- ➔ Add rinsed quinoa, simmer 12–15 minutes
- ➔ Add cilantro and season to taste with salt and pepper
- ➔ Serve soup with a wedge of lime

Fun Healthy Snack

Jicama Sticks

- ➔ Peel and cut jicama into finger-size sticks, place in a storage container
- ➔ Squeeze fresh orange and lime juice over the top
- ➔ Lightly sprinkle with salt, smoked paprika and chopped cilantro
- ➔ Stir and let sit for at least 20 to 30 minutes. Keep in the refrigerator as a go-to snack!

Aztec Chicken Soup



Quinoa

This soup is thickened with Quinoa. CONSIDERED A SUPER GRAIN FOR ITS PROTEIN CONTENT, quinoa contains a perfect balance of all nine amino acids essential for human nutrition, which is rarely found in plant-based foods. Quinoa also offers a good dose of fiber and iron.

Quinoa seeds are coated with saponin, a bitter substance that protects the seeds from predators. Most likely the quinoa you purchase is rinsed, but as a best practice give it a rinse.