

Slow Cooker Chicken Quinoa Soup with Kale

Prep Time: 10 Min Cook Time: 8 Hours Total Time: 8 Hours, 10 Min



SERVINGS: 8

Nutritional Facts

Serving Size: 1.25 cups (464g)

Amount Per Serving

Calories 284

Calories from Fat 28

% Daily Value*

Total Fat 7g 5%

Saturated Fat 2g 3%

Monounsaturated Fat 2g 0%

Polyunsaturated Fat 1g 0%

Cholesterol 99mg 0%

Sodium 294mg 13%

Total Carbohydrate 26g 9%

Dietary Fiber 4g 17%

Sugars 2g

Protein 31g

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

The Nutritional Values provided are estimates only and may vary based on the preparation method.

Ingredients

2 lbs boneless skinless chicken thighs

1 cup dry quinoa

4 cup kale, chopped

3 ribs celery, chopped

3 carrots, chopped

2 poblano peppers

1 onion, chopped finely

6 garlic cloves, minced

8 cup low sodium chicken broth

1/2 tsp cumin

1/2 tsp dried thyme

Salt and pepper



Directions

- 1 Add everything to a slow cooker. Stir together.
- 2 Cook on low for 8 hours or high for 4 hours. Taste and season as needed.

Notes

