

Clean Chicken and Quinoa Soup

1 Whole chicken (or you could do 1 whole chicken that's already been cut up, but is still on the bones)

1 Bay Leaf

64 oz Chicken Broth – shoot for low sodium

1 onion chopped

3 stalks of celery chopped

3 whole carrots peeled and chopped

3 whole parsnips peeled and chopped

3 cloves garlic chopped

Salt & pepper to taste

1 C dry quinoa

First step is to get the chicken out of the bag and drain all excess juices and pull the neck and gizzards out from inside the cavity of the bird. Put the chicken in the pot and add the 64 ounces of broth and then place the bay leaf in the pot, you can place it on the chicken like The Pioneer Woman recommends or just anywhere in the pot.

Chop up your celery, carrots, parsnips and garlic and add to the pot. Bring the liquid to a boil and then reduce to low and let it all cook together for an hour and a half to two hours.

When the time is up, carefully take the chicken out of the pot. Keep in mind the cavity will fill with the broth and veggies so you'll have to let it drain before moving it to a plate or cutting board. Then you want to get as much of the chicken off the bones as you can and put it back in the pot. At this point I also added in the Quinoa that I had cooked in another pot so that it would absorb some of the flavor from the broth. I let the soup cook another 30 minutes before taking it out and dividing it up. Here is where you would add the salt and pepper to taste; I ended up using garlic salt instead of regular salt.

*this recipe originate from the Pioneer Woman's Chicken Soup recipe on her blog and I made some alterations to make it my Clean Chicken & Quinoa Soup