Chicken Quinoa Soup

<http://www.cornerstonehealthteam.com/recipes.html>

**Ingredients:**

* 2 teaspoons olive oil
* 1 onion, diced
* 2 carrots, sliced
* 1 pound boneless chicken thighs, thinly sliced (To make it even faster you can use a rotisserie chicken)
* 1 cup sliced mushrooms
* 2 ribs celery, sliced
* 2 cloves garlic, minced
* 4 cups chicken broth
* 1 cup water
* 3⁄4 cup quinoa
* 2 teaspoons fresh thyme or 1 teaspoon dried
* Salt and ground black pepper
* Chopped fresh parsley (optional)
* Hot sauce (optional)

**Directions:**

* Heat the oil in a large pot over medium heat. Add the onion and carrots. Cook, stirring frequently, for 6 minutes. Add the chicken, mushrooms, celery, and garlic. Cook, stirring frequently, for 5 minutes.
* Add the broth, water, quinoa, and thyme. Season to taste with salt and pepper. Raise the heat to high and bring the soup to a boil. Reduce the heat to low and simmer for 15 minutes, or until the quinoa is tender. Ladle into bowls and top with the parsley and hot sauce, if using.
* **Nutrition per serving:** 214 calories, 18 g carbs, 3 g fiber, 19 g protein, 7 g total fat, 1 g saturated fat, 811 mg sodium