

## Jenny's Mexican Chicken Soup

*Serves: 6-8 / Calories: about 300 per serving*



### Ingredients:

- 12 oz cooked chicken, shredded OR 1 can of black beans (rinse & drained) to make a meatless meal
- 1 tbsp. extra virgin olive oil
- 6 cloves of garlic, minced
- 1-2 tsp. ground cayenne pepper
- 3 tsp. ground cumin
- 3 tsp ground coriander
- 1 bag of frozen mixed fajita vegetables
- 6 cups low-sodium, organic chicken broth
- 3 tbsp. fresh cilantro, chopped
- 3 limes
- 3 tomatoes, diced
- 1 avocado, [diced \(for garnish\)](#)
- 1 cup uncooked quinoa, rinsed

### Directions:

1. Cook quinoa according to package directions
2. Sauté onion in oil for 2 min.
3. Combine onion, garlic, spices, and broth in a pot
4. Bring to a boil, reduce heat and simmer for 10 min.
5. Add tomato, black beans, cooked quinoa, and chicken to simmer for 10 min.
6. Add cilantro and continue to simmer 5 more min.
7. Top each serving with a squeeze of lime and diced avocado