

# VEGETABLE CHICKEN SOUP

- 2 TBSP OLIVE OIL
- 2 ONIONS, DICED
- 4 TSP FRESH GARLIC, MINCED
- 2 CUPS OF DICED CARROTS
- 1 PINT BRUSSEL SPROUTS, HALVED
- 2 CUPS OF DICED YAMS
- 6 CELERY STALKS, CHOPPED
- 6 TBSP TOMATO PASTE
- 32 OUNCES OF BONELESS, SKINLESS CHICKEN BREASTS(4-5 CHICKEN BREASTS FROM COSTCO)
- 4 TSP CUMIN
- 64 OUNCES OF FAT FREE/LOW SODIUM CHICKEN BROTH
- 2 TSP DRIED THYME
- 4T SP CHILI POWDER
- 1 CUP OF BROWN RICE(QUINOA WORKS TOO)
- 1 CUP OF RED WINE(OPTIONAL)
- 1/2 CUP FROZEN PEAS

Sauté garlic and onions in the oil, than add carrots, brussel sprouts, celery, and yams. Continue to sauté, adding broth as needed. Dredge chicken with thyme, chili powder, and cumin in a plastic bag, then sauté in a nonstick skillet. Combine chicken w/vegetables in the oven, and add broth and tomato paste and wine if desired. Add rice, cover and simmer for about half an hour until rice is tender. Add remainder of vegetables and cook for 10 minutes more. Total cooking takes about 45 minutes.



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