



Restorative Chicken Soup

with Sweet Potato, Collards & Quinoa

20-30min

2 Servings

This soup is chock full of collard greens, chicken, and sweet potatoes, all of which tenderize as they poach in the flavorful broth, resulting in a delicate texture. It's also packed with protein-rich red quinoa and almond butter. Make sure to sip every last drop of any broth that remains: garlic, ginger, quinoa, leafy greens and sweet potatoes are great immunity boosters.

What we send

- 3 oz tri-color quinoa
- 1 medium yellow onion
- garlic
- 1 sweet potato
- 12 oz collard greens
- 1 oz fresh ginger
- 1 pkt chicken broth concentrate
- 10 oz pkg boneless, skinless chicken breast
- 1 pkt almond butter ¹⁵

What you need

- kosher salt & ground pepper

Tools

- small saucepan
- medium pot

Allergens

Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 590kcal, Fat 16g, Carbs 76g, Protein 42g



1. Cook quinoa

Bring **1 cup water** to a boil over high heat in a small saucepan. Add **quinoa** and simmer, covered, until water is absorbed and quinoa is tender, 17-20 minutes. Remove from heat and cover to keep warm.



2. Prep ingredients

Meanwhile, finely chop **onion**. Finely chop **1 large garlic clove**. Peel **sweet potato**, then cut into $\frac{1}{2}$ -inch pieces.

Remove and discard stems from **collard greens**, then coarsely chop **1½ cups leaves** (save rest for own use). Peel and finely chop **1½ tablespoons ginger**.



4. Add chicken

Meanwhile, pat **chicken** dry and cut into 1-inch pieces. Add to the pot with **1 teaspoon salt**, and simmer over medium heat, covered, about 15 minutes.



5. Add ginger & greens

Add **chopped ginger and collard greens** to the pot and continue to simmer, covered, until greens are tender, about 5 minutes.



3. Simmer broth

In a medium pot, combine **chicken broth concentrate, chopped onions and garlic, sweet potatoes, and 2 cups water**. Bring to a boil over high heat, then reduce heat to a simmer.



6. Add almond butter & serve

Squeeze **almond butter packet** to soften, then cut open packet and squeeze into a small bowl. Carefully, whisk in **1/4 cup of the hot soup broth** until smooth. Add almond broth mixture back into soup, stirring to incorporate; season with **salt** and **pepper**.

Spoon **quinoa** into bowls, ladle **soup** over top, and serve. Enjoy!