



## 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 cook 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 (use 1½ cups)
- 1 oz fresh ginger
- 1 pkt chicken broth concentrate
- ½ lb pkg shredded chicken
- 1 pkt almond butter <sup>15</sup>

## What you need

- kosher salt & ground pepper

## Tools

- small saucepan
- medium pot

**Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.**

**For recipes containing garlic, you'll find one head of garlic in your box.**

**We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.**

## Allergens

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

## Nutrition per serving

Calories 570kcal, Fat 14g, Carbs 77g, Proteins 41g



### 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



### 4. Add chicken

Using your hands, separate **chicken** into bite-sized pieces, then stir into the broth.



### 2. Prep ingredients

Meanwhile, finely chop **onion** and **1 large garlic clove**. Peel **sweet potato**, then cut into ½-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**.



### 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, 2 cups water, chopped onions and garlic, and sweet potatoes**. Bring to a boil over high heat, then reduce heat to a medium. Simmer, covered, about 15 minutes.



### 6. Add almond butter & serve

Squeeze **almond butter packet** to soften, then cut open packet and squeeze into a small bowl. Carefully, whisk in **¼ cup of the hot soup broth** until smooth. Add almond broth mixture back into soup, stirring to incorporate. Season to taste with **salt and pepper**. Spoon **quinoa** into bowls, ladle **soup** over top, and serve. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

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