Sweet Potato, Chicken, and Quinoa Soup
*Crock Pot Cooking – March 2015*

**Ingredients:**
Serves 6-8

- 1 and 1/2 pounds boneless skinless chicken breasts
- 1 cup uncooked quinoa, rinsed
- 2 large sweet potatoes
- 1 – 15 oz can black beans
- 1 - 14.5 oz can petite diced tomatoes
- 1 teaspoon minced garlic
- 1 -1.25 oz chili seasoning mix
- 5 cups low-sodium chicken broth
- Fresh parsley, optional

**Directions:**

1. Spray the slow cooker with nonstick spray. Remove the fat from the chicken breasts and put them into the slow cooker along with the rinsed quinoa.
2. (I found a black beans seasoned quinoa package which I used and loved, but regular quinoa will work as well, just make sure to rinse it well.)
3. Remove the skins and chop the sweet potatoes into cubes adding them into the slow cooker.
4. Drain and rinse the black beans and add those in. Add in the undrained petite diced tomatoes, minced garlic, chili seasoning mix, and chicken broth.
5. Place on high for 3-5 hours
6. Using two forks, shred the chicken and stir all the ingredients together.
7. Add salt and pepper and if desired fresh parsley.

**Notes:**

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