

DINNER

Chicken and Quinoa Soup

12 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
35 min	15 min	20 min	4	\$2.32	564 kcal



Chicken and Quinoa Soup is a main course that serves 4. One portion of this dish contains about 54g of protein, 21g of fat, and a total of 564 calories. For \$2.32 per serving, this recipe covers 29% of your daily requirements of vitamins and minerals. This recipe from Foodnetwork has 128 fans.

Ingredients

- ☐ 2 cups chopped broccoli florets
- ☐ 2 cups roughly chopped carrots
- ☐ 1 quart fat-free low-sodium chicken broth
- ☐ 2 tablespoons low-fat sour cream
- ☐ 1 medium onion, sliced
- ☐ 1 teaspoon Cajun seasoning, plus more for topping
- ☐ 3 stalks celery, chopped
- ☐ 4 servings Kosher salt and freshly ground pepper
- ☐ 1 tablespoon extra-virgin olive oil
- ☐ 1 cup quinoa

☐ 2½ cups shredded rotisserie chicken (white meat only), skinless

EQUIPMENT Bowl, Ladle, Pot

Method

- 1 Heat the olive oil in a large pot over medium-high heat.
- 2 Add the onion, celery, carrots and Cajun seasoning and cook, stirring occasionally, until the vegetables are slightly soft, about 4 minutes.
- 3 Stir in the quinoa, then add the chicken broth, 3 cups water, 1/2 teaspoon salt, and pepper to taste. Partially cover and bring to a simmer, then reduce the heat to medium and cook until the quinoa starts to soften, about 12 minutes.
- 4 Add the broccoli and cook, uncovered, until just tender, about 5 minutes.
- 5 Add the chicken and stir to warm through. Season with salt and pepper.
- 6 Ladle the soup into bowls. Top with the sour cream and Cajun seasoning to taste.

Nutrition per serving

564	54 g	21 g	43 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			4.9 g · 31% of daily needs
Fibre			7.1 g · 28% of daily needs
Sugar			5.8 g · 6% of daily needs
Sodium			870 mg · 38% of daily needs
Cholesterol			144 mg · 48% of daily needs
Vitamin C			47.4 mg · 57% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/chicken-and-quinoa-soup-142262