



Chicken with Quinoa and Garbanzo Beans

Active Time: 20 minutes | **Total Time:** 45 minutes | **Serves:** 8

Nutrition Information Per Serving

415.6 calories, 44.43 g carbohydrate, 6.6 g fiber, 37.83 g NET carbs, 39.28 g protein, 8.19 g fat

Ingredients

- 1 1/2 cup(s) Eden Foods Organic Garbanzo Beans (Chick Peas)
- 2 Tbsp(s) Olivado Avocado Oil
- 1 cup Pacific Organic Bone Broth (Chicken)
- 4 -8oz. breast(s) pasture-raised chicken
- 2 clove(s) organic garlic, crushed
- 1 medium organic yellow onion, diced
- 2 cup(s) quinoa
- 1 medium organic tomato, diced
- 1 whole organic lemon, juiced

Preparation

1. Heat oil in medium nonstick skillet over medium-high heat.
2. Add chicken and brown on both sides, turning pieces once, and transfer chicken to a plate.
3. In the same pan saute onions until golden, about 5 minutes. Add tomatoes and garlic. Cook to soften tomatoes, stirring occasionally, for about 5 minutes.
4. Return chicken to pan and add chicken broth and lemon juice. Cover pan tightly and simmer for 20 minutes.
5. Add quinoa and garbanzo beans. Cover and cook until quinoa is firm and fluffy about 20 minutes.
6. Remove pan from heat; let sit, covered, for 10 minutes, until quinoa is fluffy and soft.
7. Serve.

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