

# MUSHROOM BROTH BOWL

Recipe from Jordan Tickle | [www.eatingwithtickle.wordpress.com](http://www.eatingwithtickle.wordpress.com)

## INGREDIENTS

2c. White Quinoa  
6 c. Chicken Broth  
8 oz. White Mushrooms  
6 Chicken Tenders  
7 Artichoke Hearts (canned)  
1 can (15.5 oz) Red Kidney Beans  
1 Tbsp. Butter  
1/8 tsp. Ground Cumin  
2 cloves Fresh Garlic  
Dash Crushed Red Pepper  
Seasoning Salt to taste



## COOKING DIRECTIONS

- Cook your quinoa per package instructions. (2 parts water to 1 part quinoa. Bring to boil, reduce to simmer. Cook for 15 minutes until water is absorbed. Remove from heat and let rest.)
- Slice the mushrooms and sautee them in butter over medium to medium/high heat for about 6 minutes. Add chicken broth, garlic, crushed red pepper, season salt and cumin. Bring to a boil.
- Taste the broth for flavor BEFORE adding the chicken for flavor. Add more of what you think it needs.
- Add chicken tenders to the pot, bring back to a boil, cover and reduce to a simmer. Cook for 15-20 minutes, until the chicken is done.
- Remove chicken to a cutting board, chop coarsely with a knife and add back to the broth.
- Cut the artichoke hearts in half.
- Rinse and drain red kidney beans, and add those to the broth - along with artichoke hearts.
- Bring everything back to a simmer and it's ready to serve.
- Be sure to taste the final broth before serving, and don't be afraid to add more seasonings if you think it needs it.

## TO SERVE

- Place 1/4 of the quinoa in the bottom of the bowl, and ladle about 1/4 of the broth mixture on top. Top with sliced green onions! A quick squeeze of fresh lemon will add a little brightness to the flavor!

## TIPS

- Get creative and try adding a few extra things to the broth mixture when you cook!
- Canned Garbanzo Beans (Chickpeas), Fresh Spinach, Cooked Barley, Wild Rice, Leftover Pasta (plain) etc.
- If you don't like mushroom, try something different you like! You can easily replace them with onions!