



Quinoa Chicken

Oscar · 28/09/2024



Prep Time

40 mins

Difficult

Medium

Servings

6

Description

This chicken and quinoa recipe is incredibly easy delicious and spicy Tastetest approved by a very picky 3yearold

Ingredients

- - 2 cups chicken broth - 1 cup quinoa - 2 teaspoons vegetable oil
- or as needed - ½ onion
- chopped - 2 cloves garlic
- or to taste
- minced - 1 ½ pounds ground chicken - 1 ½ (10 ounce) cans diced tomatoes with green chile peppers (such as RO*TEL®)

Instructions

1. Gather all ingredients. Dotdash Meredith Food Studios Bring chicken broth and quinoa to a boil in a saucepan. Reduce heat to medium-low
2. cover
3. and simmer until quinoa is tender and water has been absorbed
4. 15 to 20 minutes. Dotdash Meredith Food Studios Meanwhile
5. heat vegetable oil in a large skillet over medium-high heat. Sauté onion and garlic in hot oil until onion is translucent
6. about 5 minutes. Add ground chicken; cook and stir until browned and crumbly
7. 5 to 7 minutes. Dotdash Meredith Food Studios Stir cooked quinoa and diced tomatoes into chicken mixture; bring to a simmer and cook long enough for flavors to meld
8. about 10 minutes more. Dotdash Meredith Food Studios