

Chicken & Wild Oats Soup

Ingredients

- 1 cup Quaker® Steel Cut Oats - Traditional
- 1 tsp olive oil
- 1 yellow onion, chopped
- 3 carrots, peeled & diced
- 2 stalks celery, cut into 1/2" Pieces
- 2 garlic cloves, minced
- 2 chicken breasts, raw
- 1/8 tsp black pepper
- 7 cups reduced sodium chicken broth
- 1/4 cup parsley, chopped
- 2 bay leaves

How to make it

1. Heat oil in a large heavy pot or dutch oven over medium-high heat. Add onions, carrots, and celery and cook for 3-4 minutes, stirring, until onions are translucent and golden. Add garlic and cook for 1 minute. Add chicken, season with pepper and cook for about 5-7 minutes until slightly golden.
2. Add broth, parsley, bay leaves, and oats and bring to a boil. Reduce heat to low and cover. Simmer for 25 minutes, until the chicken, oats, and vegetables are tender.
3. Remove bay leaves. Remove the chicken to a cutting board. Shred it with 2 forks and return chicken to the pot.
4. Serve & enjoy!



| PREP TIME | COOK TIME | TOTAL TIME | SERVINGS |
|-----------|-----------|------------|----------|
| 10 min | 35 min | 45 min | 6 |

Made with



Quaker® Steel Cut Oats - Traditional