

# 5 Ingredient Chicken Soup

Serves 4-6

## Ingredients

1 12oz bag of frozen Broccoli Stir Fry Veggies  
1 medium onion, diced  
4 garlic cloves, minced  
¼ cup chicken stock base  
1.25 lb frozen chicken tenderloins, thawed and chopped into chunks  
8 cups water  
Salt & pepper, to taste  
Cooking spray

## Directions

1. Sprinkle the chicken tenderloins with salt and pepper.
2. Heat a large dutch oven, or favorite soup pot, over medium high heat and spray with cooking spray. Place chicken in the pot, seasoned side down, and then season the other side with more salt and pepper.
3. Cook for 4 minutes and then flip, cook another four minutes. Then remove and put on a plate.
4. Add onions to the pot and a couple more sprays of cooking spray. Sprinkle a little more salt on the onions and saute until soft, about 5 minutes. Add garlic and saute another 30 seconds, until fragrant.
5. Add water and deglaze the pot. (Just use a wooden spoon to scrape up the brown bits.) Add the chicken base and bring to a boil.
6. Once boiling, add the frozen veggies and bring back to a boil. Then reduce to a simmer and simmer for about 5 minutes.
7. Add chicken back in and adjust seasonings if necessary.
8. Serve hot!