

# Crock Pot Chicken and Quinoa

This is great sick food. Not food that will make you sick, but a food that falls into the same category as matzah ball soup, egg drop soup and homemade mashed potatoes– these foods all make you feel better! I'll warn you that this dish is very bland, so if you'd like to eat it when you are aren't queasy or feverish, you might want to add some more veggies and seasonings. When you read this recipe, save it to your favorites so that next time you are sick, you have a go-to recipe for an easy dish to make everyone feel better. Enjoy! (and stay healthy!)

1 c. quinoa, rinsed and drained

2 c. chicken broth

1/2 medium onion, chopped

3 carrots, sliced

6 skinless chicken thighs (about 1.5 lbs)

2 bay leaves

1 t. salt

1 t. black pepper

1 T. parsley flakes

1 t. celery seed

Put quinoa and broth in crock pot and stir. Add onions and carrots, stir again and then place chicken thighs in. Sprinkle seasonings all over everything. Cook on high for 2.5-3 hours. How to tell it's done: each quinoa grain has a white string that appears on it when it's cooked, chicken thighs need to be cooked through and carrots need to be soft.