

Moroccan Chicken & Butternut Squash Soup

Ingredients:

- 1 tablespoon olive oil
- 1 cup chopped onion
- 3 (4-ounce) skinless, boneless chicken breasts, cut into bite-sized pieces
- 1 teaspoon ground cumin
- 1/4 teaspoon ground cinnamon
- 1/8 to 1/4 teaspoon ground red pepper
- 3 cups (1/2-inch) cubed peeled butternut squash
- 2 tablespoons no-salt-added tomato paste
- 1/2 cup coarsely chopped fresh basil
- 4 cups Chicken Stock or fat-free, lower-sodium chicken broth
- 1/3 cup uncooked couscous or quinoa
- 3/4 teaspoon kosher salt
- 1 zucchini, quartered lengthwise and sliced



Directions:

Sauté onion in olive oil, stirring occasionally. Add chicken; cook for 4 minutes, browning on all sides.

Add cumin, cinnamon, and pepper to pan; cook 1 minute, stirring constantly.

Add butternut squash and tomato paste; cook 1 minute.

Stir in Chicken Stock. Bring to a boil. Reduce heat, and simmer 8 minutes.

Stir in couscous (or quinoa), salt, and zucchini; cook 5 minutes or until squash is tender.

Remove pan from heat. Stir in basil and orange rind.

