



Slow-Cooker Chicken & Cauliflower Rice Soup



1/10th of recipe (about 1 cup): 87 calories, 1.5g total fat (<0.5g sat. fat), 587mg sodium, 6.5g carbs, 1.5g fiber, 3g sugars, 11.5g protein

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Prep: 15 minutes **Cook:** 25 minutes



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Ingredients

1 lb. raw boneless skinless chicken breast, halved
6 cups chicken broth
2 cups chopped carrots
1 cup chopped celery
1 cup chopped onion
2 tsp. chopped garlic
2 bay leaves
1/2 tsp. onion powder
1/4 tsp. ground thyme
1/4 tsp. each salt and black pepper
2 cups riced cauliflower (or 2 1/2 cups roughly chopped cauliflower)

Directions

Place chicken in a large pot. Add all remaining ingredients *except* cauliflower. Gently stir. Bring to a boil.

Meanwhile, if starting with roughly chopped cauliflower, pulse in a blender until reduced to rice-sized pieces, working in batches as needed.

Once boiling, reduce to a simmer. Stirring occasionally, cook for 6 minutes.

Add riced cauliflower. Continue to cook and stir occasionally until veggies have softened and chicken is fully cooked, about 6 more minutes.

Remove and discard bay leaves. Transfer chicken to a large bowl, and shred with two forks.

Return chicken to the pot, and mix well.

MAKES 10 SERVINGS

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