



Slow-Cooker Chicken No-Noodle Soup with Veggies



1/8th of recipe (about 1 cup): 160 calories, 1.5g total fat (<0.5g sat. fat), 687mg sodium, 16.5g carbs, 4g fiber, 4.5g sugars, 17.5g protein

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Prep: 10 minutes **Cook:** 3 - 4 hours on high or 7 - 8 hours on low



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Ingredients

1 lb. raw boneless skinless chicken breasts, halved
4 cups fat-free chicken broth
3 cups frozen petite mixed vegetables
One 15-oz. can cannellini (white kidney) beans, drained and rinsed
One 14.5-oz. can stewed tomatoes (not drained)
Seasonings: salt, black pepper, ground thyme, bay leaves

Directions

Place chicken in a slow cooker and season with 1/4 tsp. each salt and pepper. Add all remaining ingredients, plus 1/4 tsp. thyme and 2 bay leaves. Mix well.

Cover and cook on high for 3 - 4 hours or on low for 7 - 8 hours, until chicken is fully cooked.

Transfer chicken to a large bowl. Remove and discard bay leaves. Shred chicken with two forks -- one to hold the chicken in place and the other to scrape across and shred it.

Return shredded chicken to the slow cooker, and mix well.

MAKES 8 SERVINGS

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