



Slow-Cooker Chicken Veggie-Noodle Soup



1/8th of recipe (about 1 cup): 98 calories, 2g total fat (0.5g sat. fat), 528mg sodium, 5g carbs, 1g fiber, 2.5g sugars, 14.5g protein

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Prep: 15 minutes **Cook:** 3 - 4 hours *or* 7 - 8 hours, plus 10 minutes



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Ingredients

1 lb. raw boneless skinless chicken breasts, halved
1/4 tsp. each salt and black pepper
6 cups reduced-sodium chicken broth
1/2 cup chopped carrots
1/2 cup chopped celery
1/2 cup chopped onion
2 tsp. chopped garlic
2 tsp. Italian seasoning
1/2 tsp. onion powder
1/4 tsp. dried thyme
2 bay leaves
14 oz. (about 2 medium) zucchini
Optional seasonings: additional salt and black pepper

Directions

Place chicken in a slow cooker, and season with salt and pepper. Add all remaining ingredients *except* zucchini. Mix well.

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

Meanwhile, using a spiral vegetable slicer, cut zucchini into spaghetti-like noodles. (If you don't have a spiral veggie slicer, peel zucchini into super-thin strips, rotating the zucchini after each strip.) Roughly chop for shorter noodles.

If cooking at high heat, decrease heat to low. Remove and discard bay leaves. Transfer chicken to a large bowl. Shred chicken with two forks -- one to hold the chicken in place and the other to scrape across and shred it. Return to the slow cooker.

Stir in zucchini noodles, re-cover, and cook for 10 minutes, or until noodles have slightly softened.

MAKES 8 SERVINGS

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