



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

Green Plan [SmartPoints](#)® value 1*

Blue Plan (Freestyle™) [SmartPoints](#)® value 0*

Purple Plan [SmartPoints](#)® value 0*

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



Tagged: [Lunch & Dinner Recipes](#), [30 Minutes or Less](#), [Four or More Servings](#)

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

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.