



## 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

**Green Plan [SmartPoints](#)® value 3\***

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

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

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



Tagged: [Recipes for Sides, Starters & Snacks](#), [Four or More Servings](#)

### 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**

**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.