



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

Green Plan SmartPoints® value 1*

Blue Plan (Freestyle™) SmartPoints® value 0*

Purple Plan SmartPoints® value 0*

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



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

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

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.