



Crockpot Chicken Noodle Soup

Servings 6 | Prep time 5 mins. | Total time 3-4 hours or 6-8 hours

Equipment: Slow cooker

Utensils: Fork, Measuring cups and spoons

Ingredients

1 pound boneless skinless chicken breasts
3 stalks celery, sliced
4 carrots, peeled and sliced
1 medium onion, diced
2 garlic cloves, minced OR 2 teaspoons powdered garlic
1 tablespoon fresh thyme OR 1/2 tablespoon dried thyme
1 tablespoon fresh rosemary OR 1/2 tablespoon dried rosemary
1 teaspoon black pepper
3/4 teaspoon salt (optional)
8 cups fat-free chicken stock
8 ounces egg noodles

Instructions

1. Before you begin, wash your hands, surfaces, utensils, tops of cans, and vegetables.
2. Add the chicken, celery, carrots, onion, garlic, thyme, rosemary, and black pepper into the slow cooker.
3. Pour in the chicken stock.
4. Cook on high for 3-4 hours or low for 6-8 hours.
5. During the last 15 minutes, remove the chicken breast. Shred with a fork.
6. Taste soup, add salt as needed. Add the shredded chicken and the egg noodles, then combine. Cover with lid and cook for the last 15 minutes.

Nutritional Information:

Calories 310
Total Fat 7g
Sodium 350mg
Total Carbs 35g
Protein 28g