



## Slow Cooker Chicken Soup

The old classic chicken soup, this is something I crave on cold days and when I am sick. The version I grew up with had noodles in it, this one does not and I like it better. You get the protein without lots of extra, unwanted carbohydrates. This is my favorite soup recipe, it is tasty, healthy, and easy to make! I got the recipe from the best source possible, my Mom.

Prep Time: 15 min.

Cook Time: 4 hrs.

**Ready In: 4 hrs. 15 min.**

**Serving Size:** 6 servings

### Ingredients

- ✓ 1 whole rotisserie chicken, cooked
- ✓ 16 oz bag of frozen mixed vegetables
- ✓ 32 oz of Chicken Broth

### Directions

1. Debone cooked chicken and cut meat into small chunks.
2. Put cut chicken meat, vegetables, and chicken broth into a slow cooker and let it sit for at least 4 hours on low. I love to let this one cook all day and make it in the morning. It's great to come home to dinner that is ready!

### Nutrition

*Amount per serving*

- ❖ Calories: 196
- ❖ Total Fat: 11 g
- ❖ Total Carbs: 10 g
- ❖ Protein: 14 g
- ❖ Sodium: 425 mg