

Veggie-licious chicken soup - Chicken and veggies and beans, oh my!

Slow cooker: Ready in 6 hours •

Stove top: Ready in 30 min.

Makes 10 servings



INGREDIENTS:

- 1 small onion, finely chopped
- 1 cup carrot, chopped
- ½ cup celery, chopped
- 1 cup mushrooms, chopped
- 1 garlic clove, chopped
- ½ cup shelled edamame
- 1 15-oz can black beans
- ½ cup corn (I just use frozen, but you can use fresh or canned)
- 2 fresh tomatoes, diced
- 1 can stewed tomatoes
- 2 15-oz cans low-sodium, fat-free chicken broth
- 1 ½ cups water
- ½ tsp pepper
- ½ tsp seafood seasoning
- 3 boneless, skinless chicken breasts

INSTRUCTIONS:

Slow cooker:

1. Place all ingredients except for chicken in a slow cooker, stirring to blend. Lay chicken on top and push down slightly to cover with soup. Cook for 5 hours on low heat.
2. Remove chicken from soup. Let chicken cool slightly, then shred. Stir back into the soup and continue to cook 1 hour.

Stove top:

1. Sauté onions, carrots, celery and garlic in 2 tbsp olive oil in a Dutch oven for 5 minutes. Add remaining ingredients except for chicken and simmer until veggies are tender.
2. Add cooked, diced chicken to soup and simmer until chicken is heated through.

NUTRIENTS PER SERVING:

Calories: 160, Total Fats: 2 g, Saturated Fat: 0 g, Trans Fat: 0 g, Cholesterol: 25 mg, Sodium: 200 mg, Total Carbohydrates: 19 g, Dietary Fiber: 5 g, Sugars: 3 g, Protein: 17 g, Iron: 2 mg