

Slow Cooker Chicken Soup

8 ingredients · 6 hours · 6 servings



Directions

1. Add all ingredients to the crock pot and cook on low for 6-8 hrs.
2. Once chicken is cooked through, transfer it to a large bowl and shred it with two forks. Return the shredded chicken to the crock pot and let it soak for at least 5-10 minutes before serving. Adjust seasoning as needed.

Notes

More Carbs

Add chopped potatoes or cooked rice/pasta. You can also mix in raw pasta about 15 minutes before serving.

Leftovers

Refrigerate in an air-tight container up to 3-4 days or freeze up to 6 months. Omit pasta and potatoes if you plan to freeze.

Serving Size

One serving is approximately two cups.

Ingredients

- 1 Yellow Onion (diced)
- 4 stalks Celery (diced)
- 3 Carrot (medium, chopped)
- 1 tbsp Rosemary (fresh)
- 8 ozs Chicken Breast (boneless, skinless)
- 1 lb Chicken Thighs (boneless, skinless)
- Sea Salt & Black Pepper (to taste)
- 6 cups Water (or broth)