

SLOW COOKER

Chicken and Vegetable Soup

SOUP/STEW

GLUTEN FREE, DAIRY FREE, CORN FREE, SOY FREE

serves: 5-6

active time: 10 min.

total time: 4-8 (slowcooker) hrs

INGREDIENTS

- 2 boneless, skinless chicken breasts
- olive oil
- no salt seasoning (or any poultry seasoning you like)
- 3 cloves garlic
- 3 carrots
- 3 stalks celery
- 1/2 - 1 onion
- 1 sweet potato (optional)
- chicken stock or bone broth
- handful or small bunch of parsley or fresh herbs of choice
- 1 teaspoon salt
- 1/2 teaspoon pepper

INSTRUCTIONS

1. Add chicken breasts to slow cooker. Drizzle chicken breasts with olive oil and cover both sides with no salt seasoning.
2. Chop all vegetables and add to pot.
3. Fill the rest of the slow cooker with chicken stock. Add salt, pepper and herbs to pot.
4. Cook on high for 4 hours or low for 8 hours.

Coreen Murphy