

Slow Cooker Clean Chicken and Rice Soup

Servings: 4

RECIPE BOX

INGREDIENTS

2 BONELESS, SKINLESS CHICKEN BREASTS
6 CUPS CHICKEN BROTH
1 CUP COOKED BROWN RICE (quick cooking rice has the same nutrition properties as slow)
3-4 CARROTS, SLICED
3-4 CELERY STALKS, SLICED
1/2 MEDIUM ONION, DICED
1 BAY LEAF
1/2 TSP GARLIC POWDER
SALT & PEPPER TO TASTE



DIRECTIONS

Step 1: Place all ingredients, except brown rice in slow cooker. Cook on low 4-6 hours.

Step 2: Removed chicken and shred. Add cooked brown rice and chicken.

GF This recipe is gluten free as written.

V Replace the chicken with firm tofu, sliced zucchini or sliced yellow squash

Nutrition per Serving: Calories 251, Fat 2g, Carbs 55g, Fiber 7g, Sugars 4g, Protein 44g