

## **Crock Pot Chunky Chicken Soup**

1 1/2 lbs. boneless skinless chicken breasts, halved  
1/2 tsp. salt  
1/8 tsp. black pepper  
1 small onion, finely diced  
2 carrots, chopped  
2 cups dry coleslaw mix  
3 1/2 cups fat-free chicken broth  
1 can, 15-oz. white kidney beans, drained and rinsed  
1 can, 14.5-oz. stewed tomatoes, not drained  
1 cup peas, frozen  
1/2 tsp. fresh thyme  
1 bay leaf

Evenly season chicken with salt and pepper. Place all ingredients in the crock pot and stir. Cover and cook on high for 3 - 4 hours *or* on low for 7 - 8 hours, until chicken is fully cooked.

Remove and discard the bay leaf. Remove the chicken and place in a bowl. Shred each piece using two forks -- one to hold the chicken in place and the other to scrape across the meat and shred it. Return the shredded chicken to the crock pot and stir into the soup. Makes 10 servings.

Nutrition information per serving: 150 calories, 21 grams protein, 1 gram fat, 15 grams carbohydrate, 570 mg sodium.