

CHICKEN AND VEGGIE CROCK POT SOUP



SERVING SIZE

4



INGREDIENTS

ITEM

Olive Oil
Boneless Chicken Breast
Red Bell Pepper, diced
Celery Stalks, small diced
Turnips, peeled and chopped
Bay Leaf
Dried Thyme
Oregano

QUANTITY

1 Tbsp.
1½ Lbs.
1 Cup
1 Cup
2 Cups
1
1 Tsp.
½ Tsp.

ITEM

Red Pepper Flakes
Garlic Cloves, Minced
Can Petite-Cut Diced Tomatoes
Zucchini, sliced into half moons
Chicken Stock
Fresh Parsley, chopped
Kosher Salt
Freshly Ground Black Pepper

QUANTITY

¼ Tsp.
3
1 (14.5 Oz)
1 Cup
8 Cups
½ Cup
To Taste
To Taste



PREPARATION

- Heat olive oil in a skillet over medium heat.
- Season the chicken breasts with salt and pepper, then sear for 2-3 minutes per side until lightly browned.
- Transfer the chicken to a crock pot.
- Add red bell pepper, celery, turnips, bay leaf, thyme, oregano, red pepper flakes, garlic, diced tomatoes, zucchini, and chicken stock.
- Cover and cook on low for 6-7 hours or high for 3-4 hours, until the chicken is tender and vegetables are cooked through.
- Remove the chicken, shred it with two forks, then return it to the crock pot. Stir well to combine.
- Season with additional salt and pepper to taste, and stir in chopped parsley before serving.
- Serve warm and enjoy this hearty, flavorful, and comforting soup