Crock Pot Chicken Vegetable Soup

SERVING SIZE: 1 cup
SERVINGS: 16
PREPARATION TIME: 5 minutes
COOK TIME: 3-8 hours

INGREDIENTS:
2 pounds chicken thighs or breasts without bones
1 onion, chopped
1 32 ounce bag frozen vegetables
1 24 ounce carton chicken stock (enough to cover the food) OR 1 bouillon cube with 3 cups water
1 Tablespoon pepper
1 Tablespoon rosemary, dried
1 cup brown rice or 2 cups whole wheat rotini
2 cups water

DIRECTIONS:
1. Trim fat from chicken.
2. Add all ingredients to crock pot.
3. Mix ingredients together.
4. Turn crockpot on high for 3-4 hours or low for 6-8 hours.

NUTRITION FACTS:

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>156</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total fat</td>
<td>3g</td>
<td></td>
</tr>
<tr>
<td>Saturated fat</td>
<td>1g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>38mg</td>
<td></td>
</tr>
<tr>
<td>Sodium</td>
<td>248mg</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>17g</td>
<td></td>
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<tr>
<td>Fiber</td>
<td>3g</td>
<td></td>
</tr>
<tr>
<td>Sugar</td>
<td>2g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>13g</td>
<td></td>
</tr>
<tr>
<td>Phosphorus</td>
<td>144mg</td>
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</tr>
<tr>
<td>Potassium</td>
<td>253mg</td>
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</tbody>
</table>

Includes 0g of Added Sugars

EQUIPMENT NEEDED:
- Crockpot
- Mixing spoon
- Liquid measuring cups
- Measuring spoons
- Large knife
- Cutting board

Recipe submitted by Mount Mary University Dietetics Department
Additional recipes available at: healthyshelves.org