

# Slow Cooker Chicken Soup

6 SERVINGS 6 HOURS



## INGREDIENTS

1 Yellow Onion (diced)  
3 Carrot (medium, chopped)  
1 stalk Celery (removed)  
2 lbs Chicken Breast (boneless, skinless)  
1 tbsp Rosemary (Optional)  
Sea Salt & Black Pepper (to taste)  
6 cups Water (or broth)  
1 tbsp Butter (melt into soup before consuming)

## NUTRITION

### AMOUNT PER SERVING

Calories	220	Iron	1mg
Fat	6g	Vitamin D	2IU
Carbs	5g	Folate	22µg
Fiber	2g	Magnesium	52mg
Protein	35g	Zinc	1mg
Vitamin C	2mg		

## DIRECTIONS

- 01 Add all ingredients to the crock pot and cook on low for 6-8 hrs.
- 02 Once chicken is cooked through, transfer it to a large bowl and shred it with two forks. Return the shredded chicken to the crock pot and let it soak for at least 5-10 minutes before serving. Adjust seasoning as needed.
- 03 Remove celery and onions for SCD Stage 1.

## NOTES

### TIP

To allow easy removal of onions and celery, place these ingredients inside a stainless steel mesh tea ball, such as a tea infuser, close the ball, and drop it into the water at the beginning of the cooking. Once done, simply pull out the ball and discard.

### LEFTOVERS

Refrigerate in an air-tight container up to 3-4 days or freeze up to 4 weeks.

**RECIPE ID 107**