

Slow cooker Chicken and Vegetable Soup

Ingredients

2 boneless skinless chicken breasts
3 medium carrot, diced
2 stalks celery, diced (optional)
4 potatoes diced
1 leek sliced
1 small onion, diced
2 cloves garlic, minced
1 bay leaf
1 Knorr chicken stock pot
1 teaspoon (10ml) Worcestershire sauce
1/2 teaspoon sea salt
Additional salt and pepper, to taste
(optional)
Frozen peas (optional)

Method

- In slow cooker, add all the soup ingredients (*chicken, carrots, celery, onion, potato, garlic, bay leaf, chicken stock, Worcestershire sauce, and 1/2 teaspoon salt*) except for the additional salt/pepper to taste. Gently mix together all the ingredients to ensure everything combines well. Cover with water.
- Cover and cook the soup on low for 7 hours or about 4 hours on high.
- Gently shred the chicken with two forks and stir the soup to mix the chicken evenly throughout the soup.
- Add in the frozen peas 10 minutes before you want to serve.
- Season to taste with additional salt and pepper.

To change this soup around, I occasionally add sweet potato and parsnip.

It is always great to have a basic soup that you can alter. It is really simple and healthy and the ideal dish if you need a vitamin boost!

To make it vegetarian use a vegetable stock pot and omit the chicken.