

Tasty Chicken and Rice Soup (Slow Cooker)

Barbara C. Jones
Easy Slow Cooker Cookbook

Servings: 6

*1 pound boneless, skinless
chicken breasts
1/2 cup brown rice
1 can (10 ounce) cream of
chicken soup, undiluted
1 can (10 ounce) cream of
celery soup, undiluted
1 can (14 ounce) chicken
broth with roasted garlic
1 package (16 ounce)
frozen sliced carrots,
thawed
1 cup half-and-half, fat free*

Spray a four- or five-quart slow cooker.

Cut the chicken into one-inch pieces. Place the pieces into the slow cooker.

In a bowl, combine the rice, chicken soup, celery soup, broth and carrots. Mix well. Pour over the chicken. Cover.

Cook on LOW for seven to eight hours.

Turn the heat to HIGH. Add the half-and-half. Cook an additional 15 to 20 minutes.

Per Serving (excluding unknown items): 118 Calories; 3g Fat (21.6% calories from fat); 2g Protein; 19g Carbohydrate; trace Dietary Fiber; 4mg Cholesterol; 363mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Vegetable; 1/2 Non-Fat Milk; 1/2 Fat.

