

CHICKEN NOODLE SOUP



INGREDIENTS:

- 1 lb. chicken breast (cubed)
- 1 cup chopped onion
- 1 cup chopped carrots
- 2 cups low sodium chicken broth
- 1/2 tsp garlic powder
- 1/2 tsp salt and 1/4 tsp black pepper
- 4 oz chickpea pasta (measure raw)
- 1 cup peas

DIRECTIONS:

1. Add cubed chicken, onion, carrots, garlic powder, salt, pepper, and chicken broth to a Crockpot
 2. Cook on high for 3 hours or until chicken is fully cooked (165 F internal temperature)
 3. Add 2 cups of hot water and pasta to the Crockpot
 4. Cook on high for ~ 10 minutes
 5. Add frozen peas, cook for another 5 minutes
 6. Split into 4 equal servings
- Enjoy!

Makes 4 Servings

Calories: 290 | Protein: 36 g | Carb: 28 g | Fat: 5 g | Fiber: 7 g