



## Crockpot Chicken and Vegetable Soup

### INGREDIENTS

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|--|---|
| 1 lb boneless, skinless chicken thighs | 1 medium carrot, diced                          |
| 2 stalks celery, diced                 | 1 small onion, diced                            |
| 1 small zucchini, cubed                | 1 cup chopped broccoli (optional)               |
| 8 oz. mushrooms, diced                 | 2 cloves garlic, minced                         |
| 1 bay leaf                             | 5 cups organic chicken broth                    |
| 2 TSP Worcestershire sauce             | 1 TBSP A.1. sauce                               |
| 1 TSP Grey Poupon mustard              | 1 TBSP lemon juice                              |
| ½ TSP Kosher or sea salt               | Additional salt and pepper, to taste (optional) |

### DIRECTIONS

In a slow cooker, add all the soup ingredients (chicken, carrots, celery, onion, zucchini, broccoli, mushrooms, garlic, bay leaf, chicken broth, Worcestershire sauce, A.1., mustard, lemon juice, and ½ TSP kosher salt), except for any additional salt/pepper and minced parsley. Gently mix together all the ingredients to combine well. 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 to mix the chicken evenly throughout the soup. Season to taste with additional salt and pepper. The soup's flavors will meld and deepen over time—the longer it sits, the better it tastes. Approximately 4 servings; 125 calories each.