

Crockpot Chicken & Cabbage Soup

- 2-3 chicken breasts
- 2 tablespoons olive oil
- 2 celery stalks
- 1/2 cup zucchini, chopped
- 3 garlic cloves, minced
- 1 small yellow onion, diced
- 1 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 4 cups chicken broth
- 1/2 head of cabbage



Yes, it has carrots, which is OK if you're on maintenance ; otherwise, feel free to substitute any on plan veggie of your choice, be creative!

1. Drizzle Crock Pot with olive oil and then add chicken.
2. Add chopped up celery, zucchini, garlic, and onion; Next, add basil, oregano, salt, pepper, and broth.
3. Cook soup on HIGH for approximately 2 hours and then add the chopped-up cabbage.
4. Cook soup on HIGH for an additional 2 hours before removing from the Crock Pot and enjoying!

Serving Size = 2 cups

