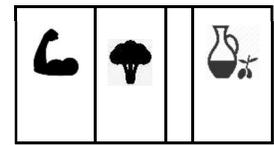


## Slow Cooker Chicken Soup

- 4 cups chicken, cooked and chopped
- 1 small cauliflower head, chopped
- 2 cups tomato, diced
- (Carrots, as shown in image, Maintenance Phase option)
- 1 onion diced
- 4 celery stalks, diced
- 3 to 4 cups fresh kale, chopped
- 2 garlic cloves, minced
- 4 to 5 cups chicken stock
- ¼ cup of coconut cream
- Himalayan sea salt and freshly ground black pepper



1. Place all the ingredients in a slow cooker – except the kale.
2. Season generously to taste, cover and cook 4 to 6 hours on low.
3. Add the kale to the soup and cook on high another 25 to 30 minutes, or until kale has softened. Adjust the seasoning and serve.

*Soup recipes are difficult to accurately measure exact portions. What we've found is that when you spoon out 2 cups of soup (or chilli) it will render approximately one serving.*

Makes 10 servings.

Serving size: 3 ounces of chicken and 1 cup of cooked vegetables and broth. Enjoy with one cup of on plan fruit to complete the meal.