



Slow Cooker Thai Chicken Soup

Shine 365
Marshfield Clinic

SERVINGS: 6

INGREDIENTS

- 2 lbs. boneless skinless chicken breasts (approximately 4 chicken breasts)
- 14 oz. package onion and pepper stir-fry mix
- 16 oz. package white mushrooms
- 6.75 oz. light coconut milk (½ of a 13.5 oz. can)
- 4 cups low-sodium chicken stock
- 2 tablespoons lime juice
- ¼ teaspoon red pepper flakes
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 10 oz. package frozen peas
- ½ cup fresh basil or cilantro, chopped
- 4 oz. rice or vermicelli noodles, roughly chopped
- Asian hot sauce or Sriracha (optional)

INSTRUCTIONS

Place chicken in the bottom of a large slow cooker. Add stir-fry mix, mushrooms, coconut milk and chicken stock. Cover and cook 4 hours on high or 8 hours on low until chicken is tender.

Transfer cooked chicken to a bowl. Stir lime juice, red pepper flakes, salt, pepper, peas, herbs and noodles into the liquid. Make sure noodles are mostly submerged. Turn the slow cooker to high if it was on low. Cover and cook about 20 minutes until noodles have softened.

Cut chicken into bite-size pieces and return to the slow cooker. Ladle soup into bowls and serve with hot sauce if desired.

NUTRITION INFORMATION

Each serving has 343 calories, 30 g carbohydrates, 6.1 g fat, 40 g protein and 4 g fiber.