



## Hungry Chick Chunky Soup



1/10th of recipe (about 1 cup): 150 calories, 1g total fat (0.5g sat fat), 570mg sodium, 15g carbs, 4.25g fiber, 5g sugars, 20.5g protein

**Green Plan [SmartPoints](#)® value 2\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 0\***

**Purple Plan [SmartPoints](#)® value 0\***

**Prep:** 20 minutes    **Cook:** 3 to 4 hours *or* 7 to 8 hours



Tagged: [Lunch & Dinner Recipes](#), [Recipes for Sides, Starters & Snacks](#), [Four or More Servings](#)

### Ingredients

1 1/2 lbs. raw boneless skinless chicken breasts, halved  
1/2 tsp. salt  
1/8 tsp. black pepper  
Two 14.5-oz. cans (about 3 1/2 cups) fat-free chicken broth  
One 15-oz. can cannellini (white kidney) beans, drained and rinsed  
One 14.5-oz. can stewed tomatoes (not drained)  
2 cups bagged coleslaw mix  
2 carrots, chopped  
1 small onion, finely diced  
1 cup frozen peas  
1/4 tsp. ground thyme  
1 dried bay leaf

### Directions

Season chicken with 1/4 tsp. salt and the pepper. Place all ingredients except remaining salt in a slow cooker and stir. Cover and cook on high for 3 to 4 hours or on low for 7 to 8 hours, until chicken is fully cooked.

Remove and discard the bay leaf. Transfer chicken to a large bowl. Shred with two forks--one to hold the chicken in place and the other to scrape across and shred it.

Stir shredded chicken and remaining 1/4 tsp. salt into the soup in the slow cooker. Serve up and enjoy!

**MAKES 10 SERVINGS**

**SmartPoints**® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.