

Crock Pot Chicken and Cabbage Soup

Servings per recipe: 2

Each Serving = 1 protein, 1 vegetable

The preparation of the dish is not difficult as all the ingredients are available easily. It is great for chicken lovers.



Ingredients

- 150 grams chopped green or red cabbage (can substitute spinach if desired)
- 200 grams cooked chicken breast
- 4 Tbsp dried onion flakes
- 50 grams chopped celery
- 2-3 cup water or hCG Diet approved chicken stock
- sea salt and pepper

Directions

- Chop the cabbage and place in bottom of 5-6 quart slow cooker
- Slice celery, and add onion flakes
- Place in slow cooker over cabbage
- Top with cooked chicken, sprinkle on salt and pepper and pour stock and water over that to cover.
- Cook for at least 4-5 hours on high or 8 hours on low.

