

# SLOW COOKER: THE SUPER SUPPER SAVER

## TUSCAN CHICKEN SOUP

Warm, satisfying and hearty, soup is good for the soul. When done in a slow cooker, the flavours are enhanced and you save time! Simply add the ingredients, turn it on, and let the magic happen. A few hours later, you have a healthy and mouth-watering meal with minimal effort.



### Tuscan Chicken Soup

Makes 4 servings

#### Ingredients

- 1 cup onion, chopped
- 2 tbsp tomato paste
- ¼ tsp freshly ground pepper
- 1/8 tsp salt
- 1 (15oz) can white beans, drained and rinsed
- 2 cups low-sodium chicken broth
- 1 (7oz) jar roasted red peppers, rinsed, drained and cut into ½- inch pieces
- 1 lb. boneless, skinless chicken thighs, cut into 1-inch pieces
- 3 garlic cloves, minced
- ½ tsp fresh rosemary, chopped
- 1 (6oz) package of fresh baby spinach
- Parmesan cheese

Tasty



#### Directions

- 1) Combine the first 9 ingredients in a slow cooker. You may want to sauté the onion and garlic first, but it's not necessary. Cover and cook on high for 1 hour. Reduce heat to low and cook for another 3 hours.
- 2) Stir in rosemary and spinach. Cover and cook on low for 10 minutes.
- 3) Ladle the soup into bowls and top each serving with parmesan cheese.

#### Helpful Hints

To adapt for an Instant Pot, pour broth into the pot and place the chicken pieces on the bottom. Add the remaining ingredients, including spices. Make sure the valve is sealed and cook on the soup setting for approximately 13 minutes.

Nutrition Info Per Serving: Cal 353 | Fat 12g | Carb 14g | Pro 42g | Fibre 5g | Sodium 509mg | Sugar 4g

**“Simplicity is good for the soul!”**