

Regina's Slow Cooked Chicken Vegetable Soup

3 cups low sodium chicken broth
28 oz Hunt's petite diced tomatoes
8 ¾ oz can whole kernel corn
3 boneless/skinless chicken breasts cut into 1 inch pieces
2 carrots peeled and sliced
1 parsnip peeled and diced into ½ inch pieces
1 yellow onion chopped
1 turnip peeled and diced into ½ inch pieces
3 red potatoes cut into 1 inch pieces
1 small head of cabbage cut into bite sized pieces
12 fresh green beans cut into ½ inch pieces
1 small bag broccoli and cauliflower florets
1 bay leaf
6 cloves garlic minced
4 Tbs extra virgin olive oil
2 Tbs dried parsley
1 tsp thyme
1 tsp Herbs of Provence
½ tsp red pepper flakes
¼ tsp ground pepper
¼ tsp salt

Place the broth, diced tomatoes, garlic, onion, and all herbs into a slow cooker and stir to mix. Add all chopped/diced vegetables and stir to mix.

In a large bowl combine the flour and chicken and toss to coat evenly.

In a large sauté pan over medium-high heat, warm half of the olive oil until just smoking. Add half of the chicken and brown on all sides, 3 to 4 minutes total. Transfer chicken pieces to slow cooker. Repeat with the remaining oil and chicken and transfer to slow cooker.

Cover and cook on high for 4 hours. After 1 hour cooking time stir to mix chicken into vegetables. After 2 hours stir the mixture again. Leave covered for the remaining 2 hours of cooking time.

Serve with toasted bread.

Makes a lot for you to share with friends and to freeze.