



## Slow-Cooker 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

[Click for WW Points® value\\*](#)

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



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

### 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**

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

\*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.