

Chicken Soup with Corn and Rice

Easy | Do Ahead | Serves: 4

- 1 49½-oz. can nonfat chicken broth
- 1 16-oz. can whole kernel corn, *drained*
- ½ cup converted white rice
- 1 10-oz. pkg. frozen seasoning vegetables, *thawed and drained*
- 2 tbsp. + 2 tsp. dried tarragon, *divided*
- 2 cups chopped cooked chicken
- pepper to taste

Spray inside of slow cooker with cooking spray. Combine broth, corn, rice, seasoning vegetables, and 2 tablespoons tarragon in slow cooker and mix well. Cover and cook on low heat for 5–5½ hours. Add chicken, pepper, and remaining tarragon. Cover and cook 30–35 minutes until heated through.

Nutrition Facts per serving: 236 cal., 3.2 g total fat, 46 mg chol., 2,131 mg sodium, 31 g carbo., 4 g fiber, 25 g pro.

Exchanges: 2 Vegetable, 1 Starch, 3 Very Lean Meat

Carb Choices: 2

Shopping List

Poultry	Packaged
¾ lb. boneless, skinless chicken breasts or tenderloins	8-oz. pkg. converted white rice
	Seasonings
Frozen	dried tarragon
10-oz. pkg. frozen seasoning vegetables	pepper
Canned	
49½-oz. can nonfat chicken broth	
16-oz. can whole kernel corn	