

## Slowcooker Creamy Chicken & Tomato Soup

### Ingredients

8 frozen skinless boneless chicken breast  
2 tablespoons Italian Seasoning  
1 tablespoon dried basil  
2 cloves garlic, minced  
1 large onion, chopped  
2 14 oz. can of coconut milk (light), shake before opening can to avoid separation  
3 14 oz. cans diced tomatoes and juice  
2 cups of chicken broth, fat free  
1 small can of tomato paste  
Sea Salt and pepper to taste



### Directions

Put all the above ingredients into the crock-pot, cook for 9 hours on low. After 9 hours take two forks and shred the chicken, set the crock-pot on warm till ready to serve (making sure to taste it before serving to make sure there is enough salt and pepper)

Makes 8 servings

### Nutritional Information:

Calories 329  
Fat 8.6g  
Carbohydrates 15g  
Fiber 3.5g  
Protein 39g

Recipe adapted from Everyday Paleo

