

SOUPS

Crockpot Chicken Lentil Soup

Makes 11 servings · about 1½ cups each

SATIETY SCORE	NUTRITION
● ● ● ● ● 5 / 5	HIGH
Per serving (approx.): Protein 22 g · Fiber 11 g · Calories 245	

Ingredients

- 1 carton (32 oz) chicken broth
- 3 cups water
- 4 chicken breasts, cubed
- 16 oz dry lentils
- 1 sweet onion, diced
- 5 celery stalks, chopped
- 5 carrots, thinly sliced
- 2 Tbsp chopped fresh basil (or 1 tsp dry)
- 2 tsp sea salt
- 1 tsp cumin
- ¼ tsp ground black pepper, or to taste
- ¼ tsp garlic powder, to taste

Directions

1. Combine all ingredients in a slow cooker.
2. Cook on high 3–4 hours or on low 8–10 hours, until the chicken is cooked through and tender.

Note: Store leftovers in the refrigerator, or freeze for later.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

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Check off what you need — items are grouped by store section.

MEAT & POULTRY

- ☐ 4 chicken breasts (about 1½–2 lb)

PRODUCE

- ☐ 1 sweet onion
- ☐ 1 bunch celery (5 stalks)
- ☐ 5 carrots (about 1 lb)
- ☐ Fresh basil — small bunch (or use dried)

PANTRY & DRY GOODS

- ☐ 1 carton (32 oz) chicken broth
- ☐ 16 oz dry lentils (1 bag)

CHECK YOUR PANTRY

- ☐ Sea salt
- ☐ Ground cumin
- ☐ Black pepper
- ☐ Garlic powder