

Crockpot Chicken Tortellini Soup

Recipe makes 6 meals

Ingredients

3 Boneless Skinless Chicken Breasts, 8 oz each
12 oz Barilla Three Cheese Tortellini
12 oz Frozen Corn
4 C Spinach, chopped
4 C Chicken Broth
2 C Water
1 C Fat Free Fairlife Milk
1 C Sharp Cheddar, shredded
1 med Red Bell Pepper, diced
1 Chicken Bouillon Cube
2 Tbsp Corn Starch
1 Tbsp Garlic Powder
1 Tbsp Onion Powder
1 tsp Thyme
1/2 tsp Rosemary
1/4 tsp Turmeric
1/4 tsp Cumin
Salt and Pepper to taste



Nutrition Profile

- per meal -

Calories - 487

Fat - 15g

Carbohydrates - 49g

Protein - 41g

**Estimated Cost
Per Meal**

\$3.04

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Instructions

1. Start by adding 4 cups of chicken broth in your crockpot, along with a cube of chicken bouillon, 1 Tbsp garlic powder, 1 Tbsp onion powder, 1 tsp thyme, 1/2 tsp rosemary, 1/4 tsp turmeric, and 1/4 tsp cumin. Mix until all seasonings are dissolved (look out for clumps of the bouillon). Lay in your 3 chicken breasts and cook on low for 4 hours.
2. A few minutes before your chicken is done cooking, make your slurry by adding 2 cups of cold water and 2 Tbsp of corn starch to a mixing bowl. Mix together and set aside.
3. Once your chicken is done, remove it from the crockpot and shred using the back of two forks, or your preferred method. Once shredded, add the chicken back to your crockpot.
3. In the crockpot, add in your frozen corn, diced red bell pepper, and your slurry. Mix, cover, and let this continue to cook on low while you make your pasta.
4. Bring a large pot of water to a boil and cook your pasta according to the instructions on the package.
5. When your pasta is done, in your crockpot add your chopped spinach, 1 cup shredded cheese, 1 cup milk, and your cooked pasta. Mix until cheese is completely melted. Taste and add salt and pepper to preference.
6. Portion out into your meal containers and enjoy!

Notes

- For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.
- If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.