

## CROCKPOT CHICKEN

Serving size for eight people:

- 4 Chicken breast
- 2 (12 oz.) Cans of reduced fat cream of chicken soup
- 1 Envelope of Lipton Onion Soup mix (dry)
- 2 cups cut up carrots or 1 bag of baby carrots
- 2 cups cut up celery
- 1 onion cut up into rings

Directions: Cut chicken breast and add to bottom of crockpot. Add remaining ingredients and cook on high heat for 3-4 hours or on low heat for 5-6 hours.

Served over brown rice or your desired dish

This recipe is provided by SHS Wellness Programs.

All of our recipes can be found online at [www.uvu.edu/wellnessed](http://www.uvu.edu/wellnessed)

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