**Chicken and Veggies and Beans, Oh My!**

***Slow cooker: Ready in 6 hours • Stove top: Ready in 30 min.Makes 10 servings***

**INGREDIENTS:**

• 1 small onion, finely chopped• 1 cup carrot, chopped• ½ cup celery, chopped• 1 cup mushrooms, chopped• 1 garlic clove, chopped• ½ cup shelled edamame• 1 15-oz can black beans• ½ cup corn (fresh, frozen or canned)• 2 fresh tomatoes, diced• 1 can stewed tomatoes• 2 15-oz cans low-sodium, fat-free chicken broth• 1 ½ cups water• ½ tsp pepper• ½ tsp seafood seasoning• 3 boneless, skinless chicken breasts

**INSTRUCTIONS:Slow cooker:**1. Place all ingredients except for chicken in a slow cooker, stirring to blend. Lay chicken on top and push down slightly to cover with soup. Cook for 5 hours on low heat.2. Remove chicken from soup. Let chicken cool slightly, then shred. Stir back into the soup and continue to cook 1 hour.

**Stove top:**1. Sauté onions, carrots, celery and garlic in 2 tbsp olive oil in a Dutch oven for 5 minutes. Add remaining ingredients except for chicken and simmer until veggies are tender. 2. Add cooked, diced chicken to soup and simmer until chicken is heated through.

**NUTRIENTS PER SERVING:**Calories: 160, Total Fats: 2 g, Saturated Fat: 0 g, Trans Fat: 0 g, Cholesterol: 25 mg, Sodium: 200 mg, Total Carbohydrates: 19 g, Dietary Fiber: 5 g, Sugars: 3 g, Protein: 17 g, Iron: 2 mg