



## **RECIPE OF THE WEEK**

### **SARAH'S CROCK POT CHICKEN & NOODLE SOUP**

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| 2 cups chicken broth, (boxed or canned is ok)                   | ½ cup onions, chopped fine                |
| 1 can 98% fat free cream of chicken soup                        | ½ cup celery, chopped fine                |
| ½ cup carrots, chopped fine                                     | ½ cup green onions, sliced                |
| ½ cup uncooked barley   | 1 – 15 oz. can whole kernel corn, drained |
| Salt and pepper to taste  | 1 ½ cups egg noodles                      |
| 2 cups cooked chicken, chopped or 2 cans cooked chicken, canned |   |
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1. In a slow cooker, add everything but the noodles and cooked chicken. Cook on low for 5 -6 hours.
2. The last hour, turn on high, and add the noodles and chicken.

**FOOD FOR THOUGHT:** Strive for progress, not perfection. –  
Anonymous