



BODYBUILDING.COM™

Day 2, Meal 2: Lunch: Chicken, Potato, and Pumpkin Crockpot Soup

Ingredients:

Sugar pumpkin, 1 small
Chicken breast, raw, 1 lb.
Red potatoes, 5 small
Rosemary, fresh, 1 tbsp
Thyme, fresh, 1 tbsp
Sage, fresh, 1 tbsp
Salt, to taste
Pepper, to taste
Garlic powder, to taste
Carrots, 3 medium
Celery, 2 stalks
Chicken broth, 2 cups
Nutmeg, 1 tsp
Black beans, 1/2 cup
Canned corn, 1/2 cup

Directions:

1. Cut the pumpkin in half lengthwise, then poke holes in the flesh. Microwave it flesh-side down for 3-5 minutes to soften.
2. Remove the flesh and chop it into 1-inch cubes.
3. Cut the chicken and potatoes into medium-size chunks. Season with salt, pepper, and garlic powder to taste.
4. Place the pumpkin, potatoes, chicken, carrots, then celery into the slow cooker (in that order).
5. Add the rosemary, thyme, sage, and nutmeg, and chicken broth.
6. Set the slow cooker to high, and cook for 4 hours on high or 8 hours on low.
7. Stir in the black beans and corn, and let it cook covered for another 30 minutes.

Nutrition Facts:

Serving size: 1.5 cups

Recipe yields 6 servings

Calories: 343
Fat: 3 g
Carbs: 54 g
Protein: 25 g