**SLOW COOKER CHICKEN LENTIL SOUP**

Prep Time: 5 mins // Cook Time: 4 hrs // Total Time: 4 hrs 5 mins  
  
NUTRITION INFO | Servings: 8 people  
Calories: 300kcal | Carbohydrates: 40g | Protein: 28g | Fat: 2g | Cholesterol: 36mg | Fiber: 18g | Sugar: 3g | Vitamin A: 410IU | Vitamin C: 25mg | Calcium: 82mg | Iron: 6.2mg

**Ingredients**

* 1 pound dried lentils
* 1 pound boneless skinless chicken breasts\*
* 1 (15 oz) can diced tomatoes
* 1 yellow onion diced
* 4 cloves garlic minced
* 1 teaspoon garlic powder
* 1 teaspoon onion powder
* 1 1/2 teaspoons dried oregano
* 1 1/2 teaspoons chili powder
* 1 1/2 teaspoons smoked paprika
* 2 1/2 teaspoons ground cumin
* 1/2 - 1 teaspoon salt
* Cayenne if desired\*
* 7 1/2 cups chicken broth
* Green onions for topping
* Cilantro for topping
* Non-fat plain greek yogurt ---for topping

**Instructions**

* Grease crockpot with cooking spray.
* Place all ingredients into crockpot AND COMBINE.   
   (WITH HOLD: green onions, cilantro, and greek yogurt—for toppings later)
* Cook on HIGH for FOUR hours or LOW for EIGHT hours.
* After the soup is done cooking, remove chicken breasts and shred them using two forks.
* Place chicken back into soup and stir to combine.
* Serve with sliced green onions, chopped cilantro, and greek yogurt!