

Chicken Noodle Soup

Crock Pot Freezer Meal

Serves 4 people:

To Prep Ahead and Freeze:

- 8 boneless/skinless chicken thighs or 3-4 breasts (cubed)
- 1 teaspoon salt
- 1 bay leaf
- 1 onion (chopped)
- 3 stalks of celery (chopped)
- 3 carrots (chopped)
- 4 garlic cloves (minced)
- 1 tablespoon avocado oil

Add to Crock Pot:

- 6 cups chicken stock

Before Serving Add:

- 2 cups of noodles, rotini or pasta of your choice

Label the bag:

Add 6 cups of Chicken Stock. Cook on low for 8 hours. High for 4 hours. Before serving - add noodles or rotini. Turn up to high and cook 30 minutes more.

Instructions:

Combine all ingredients listed under 'To Prep Ahead and Freeze' in a gallon size freezer bag or Re-usable freezer bag. Label and freeze up to 3 months.