

# {Crock Pot} Creamy Italian Chicken Tomato Soup

Yield: 7 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-chicken-tomato-soup-recipe>

## Ingredients:

- 3 boneless skinless chicken breasts large
- 1 onion small, chopped
- 2 cloves garlic minced
- 14 ounces coconut milk full fat
- 1 cup chicken broth
- 14 ounces diced tomatoes add the juice
- 8 ounces tomato sauce
- 2 tablespoons italian seasoning
- 1 tablespoon dried basil
- 1/2 teaspoon sea salt more to taste
- fresh ground pepper to taste fresh, to taste

## Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 35 milligrams
4. Fat: 17 grams
5. Fiber: 4 grams
6. Protein: 14 grams
7. SaturatedFat: 13 grams
8. Sodium: 380 milligrams
9. Sugar: 7 grams

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