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Ingredients for Lemon Chicken Chickpea Soup for the Slow Cooker

3 boneless, skinless chicken breasts

1 large yellow onion, peeled and chopped

3 cloves garlic, peeled and minced

1/4 cup dry sherry (optional)

5 cups chicken stock

1/2 teaspoon freshly ground black pepper

1 teaspoon dried thyme

1/2 teaspoon smoked paprika

3 strips of lemon [zest](#)

2 - 15 ounce cans chickpeas, drained

1/3 cup chopped sun-dried tomatoes

1/3 cup sliced black olives, drained

1-1/2 tablespoons capers, drained

2 tablespoons lemon juice

Crumbled feta cheese for garnish

Minced parsley for garnish, rinse well before mincing

Directions for Lemon Chicken Chickpea Soup for the Slow Cooker

1. **Add** - To a slow cooker, add 3 boneless, skinless chicken breasts. Remove any excess fat.
2. **Add** - Add next 10 ingredients: chopped onion through sun-dried tomatoes. A vegetable peeler or paring knife will work well for peeling the 3 long strips of lemon **zest**. The zest is the yellow portion of the outer skin. Avoid peeling into the white pith underneath the skin as it is bitter.
3. **Cook** - Cook on **LOW** for 6-8 hours or **HIGH** for 3-4 hours.
4. **Remove** - Remove the strips of lemon zest and discard.
5. **Shred** - With tongs or a meat fork, lift out the chicken breasts and place them on a plate. Create shredded bites of chicken using two forks. Hold the meat in place with one and pull to shred with the other. Return shredded chicken to the slow cooker.
6. **Add** - Add olives, capers, and lemon juice.
7. **Cook** - Cook for additional 10 minutes.
8. **Garnish** - Ladle into bowls and garnish with crumbled feta cheese and chopped parsley.
9. Enjoy!

