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Add chicken breasts to the bottom of a 6-quart (or larger) slow cooker bowl. Top with carrots, celery, zucchini, chicken broth, water, bay leaves, Italian spice blend, garlic powder, black pepper, and salt. Cover the slow cooker with a lid and cook until chicken is fully-cooked, about 8 hours on low heat or 4 hours on high heat.

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Simple Cooking with Heart brings you this American recipe for barbecue meat that is delicious, heart healthy, and versatile! Use it on whole wheat buns for sandwiches, or served with a side of no salt added pinto

beans or Asian Cole Slaw.

Slow Cooker Hearty Chicken Noodle Soup | [American Heart ...](#)

Sprinkle the reserved flour mixture over the beef in the slow cooker. Add the broth, mushrooms, onions, tomato paste, and

Worcestershire sauce. If the liquid in your slow cooker usually absorbs quickly, pour in the water. Cook, covered, on low for 8 to 9 hours or on high for 3 to 4 hours, or until the beef is tender.

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