Easy Crock Pot Creamy Chicken and Rice Soup

Makes 8 Servings

Ingredients:

- 6 cups chicken stock
- 2 chicken breasts
- 2 bay leaves
- 2 celery stocks, chopped
- 1 medium onion, chopped
- 2 carrots, chopped
- Salt to taste
- 1 tsp. lemon pepper
- 1 tsp. garlic powder
- ½ tsp. onion powder
- ½ tsp. cumin
- ¾ cups long grain rice
- ¼ cup flour
- ½ cup milk
- 10 oz. corn

Directions:

1. Add everything to the crockpot except the rice, corn, flour, and milk. Cover and cook on low for 6-8 hours. Halfway through cooking, add the rice.
2. About 30 minutes prior to serving, shred the chicken. In a small container with a lid, shake milk and flour together until mixed well. Stir into soup. Add corn. Let cook for 30 minutes more to allow the soup to thicken.

April 6th is the American Heart Association's National Walking Day. This is the start of a month-long promotion designed to help us become more active. People are encouraged to take 30 minutes out of their day and get up and walk. These days, society is becoming less active, which increases risk for heart disease, stroke and other diseases. With regular walking, one can reduce their risk for serious diseases through improving cholesterol, lowering blood pressure, boosting bone strength, and achieving and maintaining a healthy weight. The American Heart Association recommends adults get at least 150 minutes of moderate-intensity physical activity or 75 minutes of vigorous activity each week. All you need to get started are comfortable clothes and supportive shoes. If you're just beginning, even short 10 minute walks benefit your health. Fit walking into your schedule whenever you can. The best schedule is one that keeps you walking and keeps you fit! Remember, it's never too early or too late to work towards being the healthiest you.

Sometimes finding time in your schedule to walk can be hard with all your other obligations you have in your day. Make it one step easier for yourself and throw supper in a crockpot at the beginning of your day, so you have a nice home-cooked meal to enjoy in the evening, and more time to do things for yourself, such as going for a walk.