

Creamy Chicken Soup

Creamy Chicken Soup



One of our absolute favorites! So rich and creamy. Serves 8, 5 FSP per serving. I measure/weigh the entire batch and divide by 8 to get the correct serving size. Adapted from Simply Sated

For the Roux

- 2 Tbsp canola oil
- 2 Tbsp light butter
- 4 Tbsp all purpose flour
- 1 cup fat free reduced sodium chicken stock/broth

For the Soup

- 1 Tbsp light butter
- 1 Tbsp canola oil
- 4-6 carrots peeled and cut into 1/8" slices
- 2 stalks celery (diced)
- 1 medium yellow onion (diced)
- 1 clove garlic (minced)
- 3 cups fat free reduced sodium chicken stock/broth
- 1/4 cup dry or semi dry white wine
- 2 1/4 cups fat free half and half
- 1 cup 1% milk
- 2 Tbsp chicken granules
- 1/2 tsp black pepper
- 1 Tbsp dried parsley or 2 Tbsp minced fresh parsley
- 3 dried bay leaves

- 1 1/2 tsp Herbs de Provence (don't skip this!!!!)
- 1/2 tsp paprika (optional)
- 1/4 tsp red pepper flakes (optional)
- 4-5 cups cooked chicken – cubed or shredded-rotisserie works well but do not use smoked chicken

For the Roux

1. Heat 2 Tbsp oil and 2 Tbsp butter in a medium saucepan then sprinkle the flour on top. Whisk quickly until well combined. Cook, whisking occasionally, until the roux turns light golden brown. Slowly, while whisking, add 1 cup chicken broth to the roux and whisk vigorously until smooth. Remove the roux from the heat and set it aside while combining other ingredients.

For the Soup

1. In a large Dutch oven, heat 1 Tbsp butter and 1 Tbsp oil over med-high. Add the carrots and celery, saute 5 minutes; stir occasionally. Add the diced onions and cook 3 additional minutes or until the onions are translucent Add the minced garlic and cook 30 seconds- just long enough for the garlic to bloom.
2. Slowly add 1 cup of broth while scraping the bottom of the pot to deglaze the pan. Add the rest of the broth and the wine, the roux and stir well. Bring the mixture to a boil and stir often.
3. Reduce the heat to low and add all other ingredients.
4. Simmer 15 minutes then taste and adjust seasonings if necessary. This is the time to add salt and pepper, if desired. Continue to simmer the soup until it thickens about 30-45 minutes more or to desired consistency.
5. Discard bay leaves.
6. ***If soup is not thick enough for you, make a slurry with 2 Tbsp cornstarch and 3 Tbsp of water. Bring soup to a boil and add slurry, simmer until thick to your

likeness.***