



## CREAM OF CHICKEN SOUP

Better for you, homemade cream of chicken soup full of hearty vegetables and tender chicken.

**Yield:** 1 gallon; approx. 16



## INGREDIENTS

2 tbsp.	Vegetable oil
1 C	Onion, Diced
1/2 C	Celery, Diced
1/2 C	Carrots, diced
1/4 C	All Purpose Flour
3 qt.	Chicken Stock, Hot
1 qt.	<b>RICH'S</b> Culinary Solutions Plant Based Cooking Creme, 4 8-Lb Cartons (#06990)
1 lb	Cooked Chicken, Diced
Salt and Ground White Pepper to Taste	

## DIRECTIONS

- 1 In an appropriate sized pan, heat vegetable oil over medium heat.
- 2 Add carrots, onions and celery, saute until tender, but not browned.
- 3 Sprinkle flour over vegetables, and stir to mix well.
- 4 Cook 1-2 minutes over low heat, stirring constantly so as not to brown.
- 5 Remove from heat and add hot chicken stock to vegetable and flour mixture.
- 6 Let set for a few minutes so that the flour begins to absorb the stock, then whisk until smooth.
- 7 Return to low heat and bring to a simmer for 10-15 minutes to cook out any starchy flavor from the flour.
- 8 Add the Plant Based Cooking Creme Naturally Flavored and chicken, then season to taste with salt and white ground pepper, then bring the soup back to a simmer.