# 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

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| **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.** | RICH'S 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.


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