



# Creamy Chicken Soup

Serves 6

## NUTRITIONAL TIP

This classic, comforting winter dish, often used for warding off colds and restoring health is enhanced by a serving of dairy to boost your intake of valuable nutrients like calcium, protein, and B vitamins. Adding dairy helps to support muscle repair and promote overall health, making this classic chicken soup an excellent choice for maintaining health during the winter months.

## INGREDIENTS

- 1 Tbsp (15 ml) butter
- 1 large onion, peeled and diced
- 4 large carrots, peeled and chopped
- 1 celery stalk, washed and diced
- 1/4 cup (60 ml) flour
- 4 cups (2 L) chicken stock
- 1 large potato, peeled and cubed
- 2 cups (250 g) cooked, shredded chicken
- 1 cup (250 ml) fresh cream
- 2 Tbsp (15ml) chopped fresh dill
- Salt & freshly ground black pepper, to season
- Amasi, to serve

## METHOD

1. In a large saucepan over medium heat, add the butter and allow to melt.
2. Add the onion, carrots, and celery and saute for 3-4 minutes until softened.

3. Add the flour to the pot and stir to coat the vegetables, followed by the chicken stock. Stir well to ensure there are no lumps. Add the potato and season with salt and freshly ground black pepper.
4. Bring the soup to a low boil and cook for 5 minutes, then reduce to a simmer and cook for a further 20 minutes or until the potatoes are cooked.
5. Adjust the seasoning, add the shredded chicken, and reduce the heat to low.
6. Add the cream and simmer on low heat for a further 5 minutes.
7. Turn off the heat and add the fresh dill to the pot just before serving.
8. Ladle into bowls and add a spoonful of Amasi to each bowl.

## Nutrition Facts

	Per 100 g	Per Serving 490 g
Energy (kJ)	302	1491
Protein (g)	5	25
Fat (g)	3	15
Carbohydrates (g)	5	27
Sodium (mg)	368	1816
Calcium (mg)	21	104
Dietary fibre (g)	1	5.6



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