



Chicken Pot Pie Soup

4 Servings

This hearty meal is packed with vegetables and can be prepared in as little as 30 minutes.

30 Minutes

PREPARATION METHOD

1. In a large soup pot or Dutch oven, warm olive oil and butter at medium-high heat until melted together.
2. Add veggies and cook to soften, at least 5 minutes. Sprinkle with flour and cook an additional minute, stirring constantly.
3. In a bowl, mix broth, cream, and milk together. Slowly add to veggie mixture.
4. Add red pepper flakes, salt, and pepper. Combine with a whisk.
5. Add chicken.
6. Stir, turning the heat down to medium until everything is hot, about 10-15 minutes.
7. The longer it cooks, the better it tastes. Makes excellent leftovers.
8. Serve with biscuits and a salad.

INGREDIENTS

2 cups cooked chicken, cut into small bite-sized pieces (pre-cooked fajita meat, rotisserie chicken, etc.)

1 tablespoon unsalted butter

2 tablespoons olive oil

Lots of chopped veggies, such as: yellow onion, celery stalks, broccoli, carrots, peas (not chopped). 2 tablespoons all-purpose flour

3/4 cup chicken broth

1/2 cup heavy cream

1 1/2 cups skim milk (or higher fat content if preferred)

Pinch crushed red pepper flakes (more if you like it with a kick)

Salt and pepper to taste