

Creamy Chicken Soup

Yield: 8 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/easy-creamy-chicken-soup-recipe-south-africa>

Ingredients:

- 2 tablespoons oil
- 2 tablespoons unsalted butter
- 4 tablespoons all purpose flour
- 1 cup chicken stock reduced-salt
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- 6 carrots 4- ,peeled and cut into 1/8” slices
- 2 celery stalks cut into 1/8” slices
- 1 medium yellow onion diced
- 1 garlic clove minced
- 3 cups chicken broth reduced-salt
- 1/4 cup dry white wine dry or semi-, ; a good drinking wine
- 3 1/2 cups cream milk, or half and half, or a mixture of cream and skim milk
- 2 tablespoons chicken base granules or chicken cubes
- 1/2 teaspoon freshly cracked black pepper
- 1 tablespoon dried parsley or 2 tablespoons minced fresh parsley
- 3 bay leaves dried
- 1 1/2 teaspoons Herbs de Provence
- 1/2 teaspoon turmeric optional
- 1/2 teaspoon paprika optional
- 1/4 teaspoon red pepper flakes optional
- 5 cups cooked chicken 4- ,cubed or shredded – rotisserie chicken works well, but do NOT use smoked chicken.
- shredded Gruyere cheese Garnish:, optional
- chopped fresh parsley

Nutrition:

1. Calories: 640 calories
2. Carbohydrate: 17 grams

3. Cholesterol: 175 milligrams
 4. Fat: 50 grams
 5. Fiber: 2 grams
 6. Protein: 31 grams
 7. SaturatedFat: 23 grams
 8. Sodium: 250 milligrams
 9. Sugar: 4 grams
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