



Chicken Pot Pie Soup

READY IN



80 min.

SERVINGS



8

CALORIES



489 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon bouillon flavoring
- ☐ 0.5 cup celery diced
- ☐ 0.5 cup flour all-purpose
- ☐ 1.5 pounds vegetables mixed frozen
- ☐ 1 cup heavy cream
- ☐ 2 teaspoons penzey's southwest seasoning italian
- ☐ 1 teaspoon cracked pepper black
- ☐ 1 pie crust store-bought
- ☐ 4 medium russet potatoes diced peeled

- ☐ 1 pinch sea salt
- ☐ 1.5 pounds chicken breast split boneless skinless
- ☐ 0.5 cup vegetable oil
- ☐ 2 quarts water

Equipment

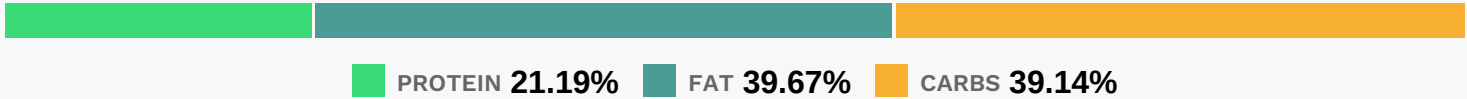
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ ladle
- ☐ oven
- ☐ whisk

Directions

- ☐ Add diced potatoes to a large bowl filled with cold water. Set aside.
- ☐ Bring 2 quarts of water to a boil.
- ☐ Add chicken, reduce heat to a simmer and allow to poach; about 8 to 10 minutes.
- ☐ Remove the chicken to a plate to cool. Continue to simmer the broth, adding the bouillon until reduced by half, about 10 more minutes. Dice the chicken when cooled.
- ☐ In a large skillet, heat the oil over medium-high heat.
- ☐ Add the onions and the celery cooking until translucent, 2 minutes. Stir in the flour and whisk until it forms a roux.
- ☐ Add the Italian seasoning and pepper; cook for 3 more minutes.
- ☐ Whisk the roux into the broth and bring back up to a boil.
- ☐ Drain the potatoes.
- ☐ Add the potatoes and the chicken to the broth over low heat. Stir in the frozen vegetables.
- ☐ Place a lid on top and simmer until the potatoes are tender, about 15 minutes. Stir in cream and a pinch of sea salt and cook for 5 more minutes.
- ☐ Preheat the oven as directed on the pie crust package.

- ☐ Lay the pie crust on a baking sheet and place into the oven. Cook according to package instructions, or until the pie crust is golden brown. When the crust has cooled, break up into pieces.
- ☐ Ladle the soup into bowls and garnish with the pie crust.

Nutrition Facts



Properties

Glycemic Index:34.22, Glycemic Load:23.14, Inflammation Score:-10, Nutrition Score:25.035217108934%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 489.28kcal (24.46%), Fat: 21.86g (33.62%), Saturated Fat: 9.61g (60.08%), Carbohydrates: 48.52g (16.17%), Net Carbohydrates: 42.62g (15.5%), Sugar: 1.66g (1.84%), Cholesterol: 88.05mg (29.35%), Sodium: 267.83mg (11.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.26g (52.53%), Vitamin A: 4821.1IU (96.42%), Vitamin B3: 12.15mg (60.76%), Vitamin B6: 1.12mg (56.07%), Selenium: 32.81µg (46.87%), Phosphorus: 331.24mg (33.12%), Manganese: 0.6mg (29.93%), Potassium: 1023.36mg (29.24%), Vitamin B1: 0.37mg (24.92%), Fiber: 5.91g (23.62%), Vitamin C: 16.32mg (19.78%), Magnesium: 78.88mg (19.72%), Vitamin B2: 0.33mg (19.42%), Folate: 76.87µg (19.22%), Vitamin B5: 1.89mg (18.91%), Iron: 3.21mg (17.82%), Copper: 0.29mg (14.44%), Vitamin K: 14.99µg (14.28%), Zinc: 1.45mg (9.7%), Calcium: 83.03mg (8.3%), Vitamin E: 0.88mg (5.88%), Vitamin D: 0.56µg (3.74%), Vitamin B12: 0.22µg (3.65%)