

SOUP

MullaKinVowles Soup

4 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
85 min	20 min	65 min	8	\$0.65	170 kcal



The recipe MullaKinVowles Soup can be made in about 1 hour and 25 minutes. This recipe serves 8. One serving contains 274 calories, 12g of protein, and 7g of fat. For 65 cents per serving, this recipe covers 8% of your daily requirements of vitamins and minerals. 10 people were impressed by this rec...

Ingredients

- ☐ 1 stalk celery, finely chopped

☐ 2 cups cooked white rice

☐ 3½ tablespoons all-purpose flour

☐ ½ cup cooked, sliced mushrooms

☐ ¾ cup shredded Cheddar cheese
- ☐ 2 cups chicken broth

☐ 1 teaspoon curry powder

☐ 2 cups milk

☐ 1 small onion, finely chopped

☐ ½ cup skinless, boneless chicken breast halves - chopped

EQUIPMENT Frying pan, Sauce pan

Method

- 1 In a large saucepan, heat chicken broth.
- 2 Place milk in a jar with lid, and add flour; shake until well blended.
- 3 Add milk/flour mixture to chicken broth; stir until boiling. Stir in curry powder, and reduce heat to medium low.
- 4 Place chopped chicken breast, onion, and celery into skillet. Cook at medium heat until chicken is cooked and vegetables are soft; add to soup. Stir rice and optional vegetables into the soup. Simmer for 30 minutes, stirring.
- 5 Stir in grated cheese before serving.

Nutrition per serving

170
KCAL

10 g
PROTEIN

6 g
FAT

18 g
CARBS

Saturated Fat	3.3 g · 21% of daily needs
Fibre	0.6 g · 2% of daily needs
Sugar	3.8 g · 4% of daily needs
Sodium	333 mg · 14% of daily needs
Cholesterol	28.6 mg · 10% of daily needs
Vitamin C	1.1 mg · 1% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/mullakinowles-soup-147717