

Cream of Chicken Soup

Ingredients:

2 cups of cooked chicken, finely chopped. (I use both breasts and thighs)

2 cups of milk

2 tbsp. butter

2 tbsp. flour

2tbs sugar

1/2 tsp. Salt

½ tsp. Pepper

1/4 tsp. garlic powder

2 cups chicken stock

Boil chicken in a pan of water with just enough water to cover chicken. Remove from pot; let cool saving 2 cups of chicken stock. Chop chicken finely; place in a bowl and set aside.

In a 3 quart saucepan melt butter and then add flour stirring to make a roux. Once the roux is mixed well, slowly whisk 2 cups of chicken stock to the roux; adding salt, pepper and garlic powder.

Add milk and chicken to the mixture and simmer on low heat for about 20 minutes; stirring frequently.

For thicker soup you can add 1tsp cornstarch mixing with 1/4 cup of cold water and add to mixture; cooking an additional 10 minutes. If you want you could even add some green peas or mixed vegetables and you have cream of chicken and vegetable soup.

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