

# CHICKEN POT PIE SOUP



September 23

National Great American Pot Pie Day


## INGREDIENTS

- 6 Tablespoons Unsalted Butter
- 1 Cup Chopped Yellow Onion
- 1 Cup Carrot Slices
- ½ Cup Chopped Celery
- 1 Cup Sliced Mushrooms
- 3 Garlic Cloves (minced)
- ⅓ Cup All-Purpose Flour
- 6 Cups Chicken Stock
- 1 Pound Yukon Gold Potatoes (peeled and sliced into ¼” thick pieces)
- 2 Pounds Cooked Chicken (shredded)
- 1 Cup Frozen Peas
- 1 Cup Corn
- ½ Cup Whipping Cream
- ¼ Cup Parsley

## DIRECTIONS

1. Heat a dutch oven or soup pot over medium/high heat and melt in 6 tablespoons butter.
2. Add chopped onion, chopped celery, and sliced carrots and sauté 5-7 minutes, stirring occasionally, until softened and lightly golden.
3. Add sliced mushrooms and garlic and sauté for another 5 minutes, stirring occasionally until softened.
4. Add ⅓ cup flour and stir constantly for 1 minute until golden.
5. Add 6 cups chicken stock, sliced potatoes, and salt . Bring to a boil then reduce heat to a simmer, partially cover and cook 12-15 minutes or just until potatoes are tender.
6. Add shredded chicken, frozen peas, and frozen corn, ½ cup heavy whipping cream and ¼ cup parsley. Bring back to a simmer and continue to cook for another 5 minutes or until peas and corn are tender.

## MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Vegetable

## MEAL TYPE

-  Lunch/Supper

## YIELD

12 Cups

## PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Cup	¾ Cup	1 Cup	1 Cup