



Creamy Chicken and Mushroom Soup

Oshkosh Community YMCA

This cozy, creamy chicken and mushroom soup is the ultimate comfort food for chilly days. It's light yet hearty and ready in 30 minutes!

INGREDIENTS:

- 4 cups water
- 3 tablespoons all-purpose flour, or gluten-free flour
- 1 celery stalk, cut in half
- 5 ounces shiitake mushrooms, sliced
- 8 ounces crimini mushrooms, sliced
- 4 teaspoons Chicken Better Than Bouillon, or gluten-free chicken bouillon
- 2 teaspoons unsalted butter, or dairy-free butter
- 7 ounce boneless skinless chicken breast
- 1 tablespoon fresh parsley, chopped



INSTRUCTIONS:

1. Place cold water and flour in a blender and blend until smooth; pour into a medium pot and set heat to medium.
2. Add celery, mushrooms, chicken bouillon and butter and bring to a boil.
3. Add chicken, cover and simmer on low 15 minutes, or until chicken is cooked through.

Like what you tried? Email us at katieConklin@oshkoshymca.org

Recipe Source <https://www.skinnytaste.com/creamy-chicken-and-mushroom-soup>

4. Remove chicken and set aside; continue to cook the remaining soup an additional 5 minutes, until vegetables are soft.
5. Place celery and 1 cup of soup into the blender; blend until smooth, then return to the pot and simmer a few minutes.
6. Shred or cut the chicken into small pieces and add back to the soup, garnish with fresh parsley.

Nutrition

Makes about 6 cups.

Serving: 1 -1/2

cups, Calories: 111.5 kcal, Carbohydrates: 12 g, Protein: 13.6 g, Fat: 3.4 g, Saturated

Fat: 1 g, Cholesterol: 5.2 mg, Sodium: 538.8 mg, Fiber: 0.9 g, Sugar: 1.4 g

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.