



Cream of Chicken Soup

Makes: 50 child servings

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
½ cup	butter, margarine, or vegetable oil	125 mL
3	onions, diced	3
8 stalks	celery, diced	8 stalks
6	carrots, diced	6
1 ½ cups	all-purpose flour	375 mL
20 cups	low-sodium broth	5 L
9 sprigs	parsley	9 sprigs
9 sprigs	thyme	9 sprigs
3	bay leaves	3
3.5 lbs	boneless, skinless chicken, cooked and diced (approx ten 6 oz (170 g) pieces)	1.7 kg
1 ½ cups	milk	375 mL
1 tsp	salt	5 mL
Optional:	pepper mushrooms, sliced	

Instructions

1. Melt butter (or heat oil/margarine) in a large pot over medium-high heat. Add onions and cook until soft.
2. Add celery, carrots, and mushrooms (if using), and cook, stirring occasionally, until tender, about 12 minutes.
3. Add the flour and cook, stirring with a wooden spoon, for 2 minutes more.
4. Pour in the broth and bring to a boil while whisking constantly.
5. Tie the parsley sprigs, thyme sprigs, and bay leaves together with a piece of kitchen twine and add to the soup.

Note 1: Instructions are continued on page 2.

Note 2: Vegetarian Substitution suggestion is on page 2.

Note 3: Nutrition Information is on page 2.

6. Lower heat and simmer for 15 minutes.
7. Stir in the chicken and bring to a boil. Remove from heat.
8. Whisk in the milk and pepper (if using). Heat through, but do not boil (milk will curdle if soup is boiled).
9. Remove and discard the herb bundle.

Vegetarian Substitution suggestion:

Cream of Tofu Soup (see recipe)

Nutrition Information	
Serving 175 g (¾ cup)	
Calories	110
Fat	3.5 g
	Saturated 1.5 g
	+ Trans 0 g
Sodium	125 mg
Carbohydrates	7 g
	Fibre 1 g
	Sugars 1 g
Protein	13 g
Calcium	30 mg
Iron	1 mg

Food Guide Servings	
½ Vegetable & Fruit	
½ Meat & Alternative	