

Cream of Chicken

Ingredients

- 1lb chicken breast
- 3 carrots
- 3 celery sticks
- 1 med or large sweet onion
- 1/4 cup butter
- 1/3 cup flour
- 4 cups chicken stock
- 1/2 tsp thyme
- 1/2 tsp parsley
- salt and pepper to taste
- 1tbsp white wine
- 1/4 cup heavy cream
- Loaf of bread for dipping

Preparation

- Salt the chicken for 10 minutes, flatten, and grill on the cast iron pan until cooked through. Slice or shred into bite sized pieces and set aside
- Slice carrots and celery, and dice the onion into small 1/4 to 1/2 inch pieces
- Melt the butter in a dutch oven
- Over medium heat, cook the vegetables with the lid on for 12 minutes
- Remove the lid and add the flour. Mix until coated and cook for one additional minute
- Add the chicken stock and stir while bringing the soup to a boil
- Turn down the heat to medium
- Add the thyme, parsley, salt, and pepper. Add the tbsp of white wine.
- Cook on medium, with the lid off and stirring frequently, for 15 minutes
- Add prepared chicken and heat through.
- Take off heat and add the heavy cream. Serve immediately with sliced bread.

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