



Chicken Pot Pie Soup



prep time
10 minutes



total time
30 minutes



servings
4

Ingredients

- 1 pound/450 grams raw chicken breasts about 2 larger breasts ~ 15 protein servings
- Small potato pieces: 2 cups yukon gold potatoes peeled and cut into 1 inch pieces ~ 4 carb servings
- Large potato pieces: 1 cup yukon gold potatoes peeled and cut into quarters so that you can remove them at the end ~ 2 carb servings
- 1 cup celery 1 inch pieces ~ 1 veggie serving
- 1 cup carrot 1 inch pieces ~ 1 carb serving
- 1 cup onion finely chopped ~ 1 veggie serving
- 1 cup peas ~ 1 veggie serving
- 1/2 tablespoon garlic finely minced
- 2 tablespoons olive oil ~ 2 fat servings
- 1/2 teaspoon pepper
- 1/4 teaspoon salt
- 1/4 teaspoon dried parsley
- 3 cups chicken broth or bone broth
- 1/4 teaspoon dried basil
- 3 tablespoons parsley for garnish
- 1/2 cup milk of choice almond milk, whole milk, any milk will work (breakdown will depend on milk selected, but for almond milk the amount is negligible)

Instructions

- 1 Heat olive oil in a large pot on the stove. Add in the celery, carrot, onion, peas, garlic, salt and pepper, parsley and basil. Sauté for 2 minutes or until slightly translucent.
- 2 Add raw chicken, ALL potatoes and chicken broth in the pot. Bring to a boil. Once boiling, lower heat to a simmer and cook on medium heat for 30 minutes
- 3 Once cooked, remove the LARGE potato pieces (leave the small pieces) and chicken breasts.
- 4 Place LARGE potato pieces, milk and 1/2 cup of broth *from the pot* (a few ladles full!) into a blender until smooth. Add back into the pot.



- 5 Place chicken on a cutting board and shred. Put the chicken back into the pot.
- 6 Stir everything together until combined and smooth. Garnish with parsley and serve.

Whole Recipe Breakdown:
15 Servings Protein
7 Servings Carb
2 Servings Fat
3 Servings Veggies