



CHICKEN POT PIE Soup

1 pound boneless, skinless chicken breasts
3/4 cup chicken broth
2 tbs olive oil
2 cloves garlic minced
1 medium onion, chopped
1 sprig fresh tarragon
1 tbs chopped fresh thyme
1 tbs chopped fresh parsley
2 tbs butter, softened
1/4 cup flour
4 cups chicken broth
4 carrots, peeled & sliced
2-3 yukon gold potatoes, diced
1 tsp kosher salt
1 1/2 cups frozen peas
1/3 cup half & half
1/3 cup 1% milk

Preheat oven to 350. Place chicken in medium pan, add 3/4 chicken broth. Cook chicken in oven for 45-50 minutes. When cool enough to handle, cut into bite-sized pieces.

In large saucepan, heat oil over medium-high heat. Add garlic and onion and cook, stirring constantly, until onions are soft—about 5 minutes, add thyme and parsley, cook 1 minute. Pour in broth, carrots, potatoes, tarragon, parsley and chopped chicken. Add salt, cover and cook 20 minutes.

Using a fork, mash flour into softened butter until it forms a paste. Add to soup and stir until dissolved. Add peas, half and half and milk, simmer uncovered soup has thickened—about 10 minutes. Season with freshly ground pepper.

Makes about 8 servings. Note: you can substitute fat free half and half for a lower fat version.