THE J.M. SMUCKER Co

Chicken Pot Pie Soup

Makes 8 cups (2L)

Prep Time	Cook Time	Serves	Difficulty
15 mins	20 mins	N/A	N/A

Ingredients

- 2 tbsp (30 mL) Canola Oil
- 1 onion, chopped
- 3 carrots, diced
- 1 red pepper, diced
- 2 tbsp (30 mL) fresh thyme
- 1 1/2-2 cups (375-500 mL) chopped cooked chicken
- 2 tbsp (30 mL) **Robin Hood®** All Purpose Flour

  Robin Hood® Original All Purpose Flour

- 4 cups (1 L) chicken stock
- 1 cup (250 mL) frozen peas
- 1 can (354 mL) **Carnation®** Fat Free Evaporated Milk
- 2 stalks celery, diced

Directions

Step 1:

Heat oil in large saucepan over high heat. Add vegetables, thyme, salt and pepper.

Step 2:

Cook and stir until vegetables begin to soften, about 5 minutes.

Step 3:

Add cooked chicken. Add flour and stir to coat. Cook 1 minute, stirring constantly.

Step 4:

Add chicken stock and stir, picking up any cooked bits from bottom of pan.

Step 5:

Bring to a boil. Reduce to simmer, cover and cook about 10 - 15 minutes, or until vegetables are soft.

Step 6:

Add frozen peas and evaporated milk and stir until heated through.

Step 7:

Serve.

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