

Creme of Chicken Soup



202.5 kcal

Serving 1

0 Mins

Creme of Chicken Soup

★★★★★ (0)

Calories 202.5 kcal

Protein Serves 1.00

Carbohydrate 2.5 grams

Cholesterol 0 milligrams

Fat 18.3 grams

Fiber 0 grams

Protein 15.4 grams

Ingredients

0.20 g Black Pepper (to season)

0.50 tsp Butter

50 g Celery (diced)

30 g Cheddar Cheese (grated)

30 g Chicken Breast (diced)

20 g Green Capsicum (chopped)

0.50 tsp Olive Oil

20 g Spring Onion (finely chopped)

1 whole Ultra Lite Chicken Sachet (Or Chicken Stock Cube)

0.50 cup Water (hot)

Instructions

1. Pan fry chicken in oil until brown. Set aside.
2. Sauté all vegetables in butter for approx. 3 minutes then set aside.
3. Dissolve sachet in hot water and pour into pan with vegetables.
4. Add chicken and grated cheddar cheese, cover and simmer for 5 mins or until the soup reaches your desired consistency. Add more hot water if you prefer a thinner soup. Season with black pepper.