

# Creamy Chicken Soup

Serves 10



Serving Suggestion

## Typical values per portion

Energy	727kJ /174kcal
Fat	11.8g
Of which saturates	7g
Carbohydrate	7.3g
Of which sugars	1.4g
Protein	11.2g
Fibre	0.8g
Salt	1.8g
Vitamin D	3.9µg
Calcium	390mg

## Handy Tip:

For a soup with more texture add the chicken and cooked vegetables at the end.

## Ingredients:

- 80g Butter
- 180g Finely chopped leeks
- 125g Finely diced button mushrooms
- 75g Flour
- 1.8 litre Strong chicken stock
- 300g **The Laughing Cow® Nutrient Fortified**
- 200g cooked chicken breast – cut into small pieces
- Salt and pepper to taste

### ALLERGENS: Milk, Gluten

For Allergens, always check labelling of specific ingredients used

## Method:

1. Sweat the leeks and mushrooms in the butter
2. Add the flour and gently cook the roux
3. Pour in the chicken stock and add to the vegetables, cook for approx. 30 mins
4. Add more stock or water as required
5. Incorporate **The Laughing Cow® Nutrient Fortified** and blend again
6. Adjust the seasoning and warm through as required

- ✓ Versatile cheese ingredient
- ✓ Rich in Protein
- ✓ Rich in Calcium
- ✓ Rich in Vitamin D

