

Chicken Pot Soup

Ingredients



- 2 tablespoons olive oil
- 2 ribs celery, diced
- 2 carrots, diced
- 1 1/2 teaspoons sea salt
- 680g skinless chicken breasts or thighs, into bite-sized pieces
- 3 cloves garlic, minced
- 1 teaspoon dried thyme or dried Italian seasoning
- 1 teaspoon onion powder
- 3/4 teaspoon black pepper
- 4 cups chicken stock
- 1 cup canned coconut cream
- 1/2 cup shredded sharp cheddar cheese
- 1/2 cup frozen peas

Instructions

1. Heat the olive oil in a large dutch oven or stock pot, over medium heat. Add the celery and carrots and sauté until they are crisp-tender.
2. Add the chicken, garlic, salt, thyme, onion powder and black pepper. Continue cooking until the chicken is cooked through.
3. Pour a little bit of the chicken stock into the pot to deglaze. Scrape up and mix in any bits that are stuck to the bottom of the pan. Add the remaining chicken stock, bring to a boil and then reduce to simmer. Simmer for 10 minutes.
4. Stir in the heavy cream, cheddar cheese and peas, simmer for an addition 30 to 40 minutes, stirring frequently.

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Prep Time: 15 minutes+ 60 mins cooking