



# Stovetop Creamy Chicken Veggie Soup

🕒 15 MINS PREP | 🕒 1 HR COOK | 🍴 6 SERVINGS

🔗 To modify servings, view nutrition information and more, go to [eatlove.is](https://eatlove.is)

## INGREDIENTS

- 1/2 cup Salted Butter
- 1 1/4 tablespoons Salted Butter
- 1 White Onion
- 4 Carrots
- 6 stalks Celery
- 4 teaspoons Minced Garlic 32 Oz
- 1/2 cup Gluten-Free All-Purpose Flour
- 1 teaspoon Dried Thyme
- 1 teaspoon Savory
- 1/2 teaspoon Ground Black Pepper
- 1/2 teaspoon Sea Salt
- 2 quarts Low Sodium Chicken Broth
- 1 pound Boneless Skinless Chicken Breast
- 1/2 cup Heavy Cream

## NUTRITION INFORMATION PER SERVING

Protein 26g	Sodium 529mg
Total Fat 29g	Saturated Fat 17g
Carbs 21g	Fruits 0 servings
Calories 441kcal	Vegetables 0.83 servings
Fiber 2.84g	Added Sugar 0g

## Method

1. Add 2 Tbsp butter, onion, carrots, celery, and garlic to a large soup pot on the stove. Turn heat to high and sautee until onions are translucent.
2. Add flour and the rest of the butter to the pot. Stir and continue to heat through.
3. Add thyme, savory, pepper, salt, and chicken broth to the pot and stir well. Place a lid on top of the pot and turn heat up to high. Bring the soup to boiling.
4. While you're waiting for the soup to boil, chop your chicken and set aside. Once boiling, add your chopped chicken and stir well.
5. Turn heat down to medium/high, and allow to heat through, at least 10 minutes. (You can allow this to simmer for up to 1 hour to allow the flavor to develop even more. Just reduce the heat to low if you choose to leave it on for longer than 15 minutes.)
6. Add heavy cream and stir thoroughly. Let heat on medium for another 5 minutes.
7. Serve warm with your favorite sourdough bread, crackers, or a green salad.

