

Effortless Cream of Chicken Soup

Servings per recipe: 1

1 Serving = 1 protein, 1 vegetable

Ingredients

- 100 grams cooked chicken
- 100 grams celery (allowed amount)
- 1-2 cup hCG Diet approved chicken broth
- 3 cloves garlic
- 1 Tbsp dehydrated minced onion
- 1/2 tsp parsley
- 1/2 tsp basil
- ground white pepper (to taste)
- sea salt (optional)



Directions

1. Preheat saucepan over MED-HI heat.
2. In food processor, combine all ingredients and pulse until reaches desired consistency.
3. Pour into saucepan and bring to boil.
4. Reduce heat to simmer, cover, and heat 20-30 mins.
5. Serve.

TIP: For the cooked chicken in this dish, use the chicken boiled to make the broth. Start out by adding 1 cup broth to the food processor, and then gradually add more broth until it's the soup consistency you prefer.

