

# Creamy chicken and mushroom soup

**A traditional soup combination that's lower in fat for the whole family can enjoy.**

**Serves 4**

**Prep 10 minutes**

**Cook 30 minutes**

2 tsp oil  
2 onions, chopped  
2 skinless chicken breasts (approx. 200g), chopped small  
250g mushrooms  
2 cloves garlic, crushed  
1 chicken stock cube, dissolved in 500ml water  
1 heaped tsp cornflour  
good pinch white pepper  
300ml skimmed milk  
100g 0% fat Greek yogurt  
2 tsp chopped chives  
Grind of black pepper

1. Add the oil to a pan and gently cook the onions for 5 minutes, stirring regularly.
2. Add the chicken and stir for 2-3 minutes.
3. Add the mushrooms and garlic and cook for a further 2-3 minutes.
4. Add the stock, mix well, bring to the boil, turn down the heat, cover with the lid and simmer gently for 15 minutes.
5. In a jug, mix the cornflour and white pepper together and stir in the milk.
6. Gradually stir the milk and cornflour mixture into the chicken and mushrooms, stirring constantly, then bring to almost boiling point.
7. Stir in the yogurt, remove from the heat and blend the mixture until smooth. Serve with a sprinkle of chives and black pepper.

## **Chefs tips**

- You could use a stick blender or a blender.
- Try adding herbs such as fresh tarragon, parsley or basil. Spice it up with 1 tsp ground cumin.
- Freezing instructions: Can be frozen in small pots for individual portions. Defrost in a microwave or over a very low heat until piping hot.