

Chicken Pot Pie Soup

The Little Potato Company
www.littlepotatoes.com

1 tablespoon butter
1 onion, chopped
2 carrots, peeled and cut diagonally
2 stalks celery, chopped
2 cloves garlic, minced
3 tablespoons flour
1 cup milk
1 cup water
30 ounces low-sodium chicken broth
1 pound Terrific Trio little potatoes, halved or quartered
salt (to taste)
pepper (to taste)
1/2 teaspoon paprika
1 cup peas
1 cup corn
1 1/2 cups chicken, cubed
PIE CRUST DIPPERS
(optional)
1 refrigerated pie crust
1 egg
1 teaspoon water
1/4 cup Parmesan cheese, finely grated

Preparation Time: 10 minutes

Cook Time: 25 minutes

In a large pot, melt the butter over medium heat. add the onion, carrots and celery. Cook until the onions are translucent, about 5 minutes. Add the garlic. Cook for about 1 minute or until fragrant. Add the flour and stir to cover everything well. (It should look like wet sand.)

Preheat the oven to 425 degrees.

Add the water, broth, milk and potatoes. Bring to a boil. Reduce the heat to a simmer. Cook for 15 minutes or until the potatoes are tender. Season with salt and pepper.

While the potatoes cook, prepare the pie crust. Line a baking sheet with parchment paper. Roll out the dough on the parchment paper. Brush with egg wash and sprinkle evenly with the Parmesan cheese.

Bake for 15 minutes or until golden brown. Let cool and break into pieces to serve.

Once the potatoes are tender, add the peas, corn and chicken. Cook until all is heated through.

Serve with the pie crust dippers, if using.

Per Serving (excluding unknown items): 2496 Calories; 138g Fat (46.9% calories from fat); 132g Protein; 221g Carbohydrate; 20g Dietary Fiber; 565mg Cholesterol; 1957mg Sodium. Exchanges: 11 1/2 Grain(Starch); 12 1/2 Lean Meat; 5 1/2 Vegetable; 1 Non-Fat Milk; 20 Fat.