

Three Cs Soup

Ingredients -

1½ lbs. chicken breast cut into ½" cubes
2 tbsp. olive oil
½ tsp. salt
¼ tsp. black pepper
¼ tsp. poultry seasoning
½ large onion, finely chopped
2 cans (14½ oz.) low sodium chicken stock
½ tsp. dried sweet basil
1 cup milk
3 tbsp. all-purpose flour
1 bag frozen cauliflower
2 cups shredded cheddar cheese

Directions -

1. In a large stock pot, heat olive oil over medium heat. Add chicken and sprinkle with salt, pepper and poultry seasoning. Cook until chicken starts to brown.
2. Add onions and cook until onions soften, about 5 minutes. Stir often.
3. While onions are cooking, prepare cauliflower in microwave according to package instructions.
4. Add chicken stock and basil. Bring to a low boil.
5. In a jar with a lid, mix flour and ½ cup of milk until thoroughly blended to avoid lumps. Stir into chicken stock. Add remaining milk. Stir occasionally.
6. Cut cauliflower into smaller pieces and add to pot.
7. Remove from heat and stir in cheese until blended.

Makes 6 large servings.

Especially good with garlic cauliflower.