



THE J.M. SMUCKER Co

# Chicken Pot Pie Soup

Makes: 8 cups (2 L)

**Prep Time Cook Time Serves Difficulty**

15 mins 20 mins 8 N/A

## Ingredients

- 2 tbsp (30 mL) Canola Oil
- 1 onion, chopped
- 3 carrots, diced
- 2 stalks celery, diced
- 1 red pepper, diced
- 2 tbsp (30 mL) fresh thyme
- 1 1/2 - 2 cups (375 mL - 500 mL) chopped cooked chicken
- 2 tbsp (30 mL) **Robin Hood®** All Purpose Flour
- 4 cups (1 L) chicken stock
- 1 cup (250 mL) frozen peas
- 1 can (354 mL) **Carnation®** Fat Free Evaporated Skim Milk

Fat Free Evaporated Skim Milk

## Directions

### Step 1:

Heat oil in large saucepan over high heat. Add vegetables, thyme, salt and pepper. Cook and stir until vegetables begin to soften, about 5 minutes. Add cooked chicken. Add flour and stir to coat. Cook 1 minute, stirring constantly. Add chicken stock and stir, picking up any cooked bits from bottom of pan. Bring to a boil. Reduce to simmer, cover and cook about 10 - 15 minutes, or until vegetables are soft. Add frozen peas and evaporated milk and stir until heated through. Serve.

## Images

