

Foodnity Recipes

Healthy Chicken Pot Pie Soup Recipe

15 min Prep time	**25 min** Cook time	**40 min** Total time
6 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb boneless, skinless chicken breast, diced
- [ ] 1 tbsp olive oil
- [ ] 1 medium onion, diced
- [ ] 2 carrots, peeled and diced
- [ ] 2 celery stalks, diced
- [ ] 2 cloves garlic, minced
- [ ] 1 tsp dried thyme
- [ ] 1 tsp dried rosemary
- [ ] 4 cups low-sodium chicken broth
- [ ] 1 cup frozen peas
- [ ] 1/2 cup low-fat milk or almond milk
- [ ] 2 tbsp cornstarch mixed with 2 tbsp cold water
- [ ] Salt and pepper to taste

Optional Garnishes

- [ ] Fresh parsley, chopped
- [ ] Paprika or red pepper flakes
- [ ] Greek yogurt or sour cream

Instructions

1. Heat olive oil in a large pot over medium heat. Add diced onion, carrots, and celery. Sauté for 5-7 minutes until softened.
2. Add minced garlic, thyme, and rosemary. Stir for 1 minute until fragrant.
3. Pour in chicken broth and add diced chicken. Bring to a simmer and cook for 10-12 minutes until chicken is cooked through.
4. Stir in frozen peas and milk. Slowly add the cornstarch slurry while stirring. Simmer for 3-5 minutes until slightly thickened.
5. Season with salt and pepper to taste. Garnish with fresh parsley or a dollop of Greek yogurt before serving.

Nutrition per serving

220 kcal	25 g	18 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra flavor, use homemade chicken broth or add a bay leaf while simmering.
- If you prefer a chunkier soup, add diced potatoes or sweet potatoes.
- This soup tastes even better the next day as the flavors meld together.