

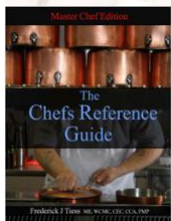
“Creamy” Chicken and Corn Pepper Pot

Dairy Free Low Fat

Yields 10 portions

3 quarts water
2 tsp Black Pepper
1 tbsp Salt
3 ea. Chicken Breast
2 ea. Onion- Dice
1 bunch Celery- Dice
4 ea. Carrots- Slice
½ hd. Cauliflower- Sliced
2 cup Diced Butternut Squash
1 lb. Frozen Corn
1 ea. Green Pepper
1 tsp Turmeric
1 ea. Bay Leaf
1 tsp Dry Thyme

1. Bring water, pepper, and salt to a boil.
2. Add chicken and turn down to very low heat until the liquid is 165°.
3. Poach chicken until it is 165° with a thermal probe, reserve broth. Cool to 35° in ice water.
4. Boil cauliflower in chicken broth for 8 minutes at a full boil.
5. Remove cauliflower and place in blender, add with 1 – 2 cups of cold water.
6. Puree until very smooth and reserve.
7. Add carrots, onion and celery to remaining broth and simmer for 1 hour with herbs and spice.
8. Add corn and pepper and simmer for 10 minutes.
9. Add in cauliflower puree.
10. Dice chicken then reheat soup to 165°
11. Season to taste with additional salt and pepper. Finish with chives or parsley.



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Nutrition Facts

Servings 10.0

Amount Per Serving 2 cup

calories 167

% Daily Value *

Total Fat 1 g 2 %

Saturated Fat 0 g 0 %

Monounsaturated
Fat 0 g

Polyunsaturated Fat 0 g

Trans Fat 0 g

Cholesterol 39 mg 13%

Sodium 853mg 36%

Potassium 604 mg 17%

Total

Carbohydrate 21 g 7 %

Dietary Fiber 5 g 18%

Sugars 7 g

Protein 18 g 37%

Vitamin A 63%

Vitamin C 26%

Calcium 7%

Iron 5 %

* The Percent Daily Values are based on a 2,000-calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have, they been evaluated by the U.S. FDA.

