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Homemade Chicken Vegetable Soup

Ingredients:

Serves 4

8 cups of chicken stock. Note: For our recipe in class, we will be using a store bought chicken stock for this soup. The stock we are preparing during class will not be finished cooking. If you have a homemade stock you are welcome to use it. I will be using [Better Than Bullion Chicken Base](#).

1 large carrot

1 medium yellow onion

2 medium celery stalks

1 cup broccoli florets-fresh or frozen

1 cup peas-frozen, thawed

1 10 oz package frozen spinach

2 cups shredded chicken ** options-1 large chicken breast, cooked and shredded for class or you can use the chicken meat from the cooked chicken stock we will be making in class.

Minced fresh dill, flat-leaf parsley, or other fresh herbs, to finish

Kosher salt and freshly ground black pepper

Equipment for class:

4 quart or larger soup pot or dutch oven to cook soup in

cutting board

chef's knife

large bowl

Before class:

Thaw any frozen vegetables you may be using.

Cook 1 chicken breast and shred the meat for class or use the cooked meat from the stock preparation.



Homemade Chicken Vegetable Soup

By Liz Barbour

Serves 4

8 cups of chicken stock, homemade or store bought
(see cooking notes below)
1 large carrot (about 1 cup), diced
1 medium yellow onion (about 1 cup), diced
2 medium celery stalks (about 1 cup), diced
1-2 cups broccoli florets-fresh or frozen
1 cup frozen peas, thawed
1 10 oz package frozen spinach, thawed-squeeze out
the extra water before adding to soup
2-3 cups cooked, chicken-shredded
Minced fresh dill, flat-leaf parsley, or other fresh herbs,
to finish
Kosher salt and freshly ground black pepper

1. Using an 8-quart soup pot, combine the stock, carrots, onions, and celery. (If using store bought soup base, see cooking notes below) Bring to a boil and then lower the heat so the soup is bubbling steadily. Cook for 15 minutes.
2. Add the broccoli and cook for 5 minutes.
3. Add the peas, spinach, shredded chicken, and fresh herbs. Continue to cook for 5 minutes.
4. Season with salt and pepper to taste. Serve hot or let cool to room temperature and refrigerate for up to 3 days or freeze.

If using store bought chicken stock:

**If using a store-bought stock, heat the soup pot over medium-low heat with 2 tablespoons of butter. Add the carrots, onions, celery, one bay leaf, and 1tsp fresh thyme or 1/2 tsp dried. Cook for 5 minutes to release the aromatics from the vegetables and herbs. Then add the store-bought stock, heat to a boil and then lower to a simmer. Cook for 20 minutes. Continue with the recipe.

- My preferred brand is [Better Than Boullion](#)

For chicken soup w/matzo balls:

- Follow the recipe on the package of Matzo Meal. I often freeze the soup w/the matzo balls in it.

Chicken noodle soup:

- Cook 4 oz of egg noodles separately and add to soup bowls and then pour hot soup over to serve. Alternatively, add uncooked egg noodles to the soup with the broccoli in step 2.