

Chicken Pot Pie Soup

Ingredients:

- ¼ cup finely chopped onion
- 1 ½ cups low sodium chicken broth
- 1 ½ cups milk
- 1 package (1.6 oz) garlic and herb sauce mix
- ¼ teaspoon pepper
- 1 cup diced peeled potato (about 1 medium)
- 1 bag (10 oz) frozen mixed vegetables
- 2 cups chopped deli rotisserie chicken



Directions:

1. In 3-quart saucepan, spray with nonstick cooking spray. Add onion; cook 2 to 3 minutes, stirring occasionally, until tender.
2. Stir in chicken broth, milk, sauce mix and pepper with whisk until smooth.
3. Stir in diced potato; heat to boiling. Reduce heat to medium; cook 5 to 7 minutes, stirring occasionally, until potatoes are tender.
4. Stir in frozen vegetables and chicken; cook 10 to 15 minutes, stirring frequently, until thickened and heated through.

Nutrition Facts

Servings: 4

Amount per serving

Calories **276**

% Daily Value*

Total Fat 7.2g **9%**

Saturated Fat 2.6g **13%**

Cholesterol 70mg **23%**

Sodium 161mg **7%**

Total Carbohydrate 24.2g **9%**

Dietary Fiber 4.3g **15%**

Total Sugars 7.1g

Protein 27.3g