



# ONE-POT CREAMY CHICKEN & MUSHROOM SOUP

*carrots, shallot, celery, scallions*

**COOK TIME**  
25 MIN

**SERVINGS**  
2

**CALORIES PER SERVING**  
540

**MENU**  
GLUTEN-FREE // MEDI // FAST & FIT

Creamy and comforting, this soup gives off vibes of chicken pot pie—but without the crust. Tender chunks of lightly herbed chicken simmer with mushrooms, carrots, and celery in a creamy broth. Ladle the soup into bowls, then garnish with scallions. Yes, it really is that easy!

**INGREDIENTS (10 ITEMS)**

- 2 (5 oz) **Chicken cutlets\***
- 1½ tsp **Rosemary, basil & sage blend**
- 4 oz **Cremini mushrooms**
- 2 whole **Scallions**
- 1¾ oz **Celery**
- 1 whole **Shallot**
- 4 oz **Carrots**
- 2 oz **Cream cheese** M
- 2 whole **Chicken stock concentrates**
- 1 tbsp **Tapioca flour**

**WHAT YOU'LL NEED**

- large pot
- measuring cup & spoons
- thermometer
- cooking oil
- salt & pepper

**ALLERGENS**

M MILK

**COOKING TIP**  
**4** If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

**Validated**  
Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Safe Spot Program.

**GREEN CHEF IS PROUD** to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

\*Chicken is fully cooked when internal temperature reaches 165 degrees.

Wash and dry fresh produce. Wash hands and surfaces after handling raw poultry. Consuming raw or undercooked poultry may increase your risk of foodborne illness. Go to [greenchef.com/faq](http://greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

## 1 SEAR CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season with salt, pepper, and about half of the **rosemary, basil, and sage blend**.
- Heat 1½ tablespoons cooking oil in a large pot over medium-high heat. Add **chicken** to hot pot. Cook 3-4 minutes on each side, or until browned.
- Transfer **chicken** to a cutting board. (You'll finish cooking the chicken in Step 5.)

COOKING FOR  
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

## 2 PREP

- Wipe **cremini mushrooms** clean with damp paper towels. Remove stems if desired. Cut into slices, about ¼ inch thick.
- Trim and thinly slice **scallions**, separating whites from greens.
- Slice **celery** across into pieces, about ¼ inch each.
- Cut ends off **shallot** and discard peel. Halve lengthwise. Lay flat and small dice into pieces, about ¼ inch each.

## 3 START VEGGIES

- Heat 1½ tablespoons cooking oil in pot used for chicken over medium-high heat. Add **mushrooms** and **carrots** to hot pot. Cook 2-3 minutes, or until veggies begin to soften, stirring occasionally.
- Add **scallion whites, celery, and shallot** to pot. Season with remaining **rosemary, basil, and sage blend**, ¼ teaspoon salt, and pepper. Cook 4-5 minutes, or until veggies are softened, stirring occasionally.

## 4 DICE CHICKEN

- Dice **chicken** into pieces, about ¾ inch thick.

## 5 FINISH SOUP

- Transfer **chicken** to pot.
- Add 2 cups water, **cream cheese, chicken stock concentrates, and tapioca flour**. Stir to combine. Bring to a boil, then reduce heat to medium low. Simmer 3-4 minutes, or until soup has slightly thickened, stirring occasionally. Season with salt and pepper to taste.

## 6 PLATE YOUR DISH

- Divide **creamy chicken and mushroom soup** between bowls. Garnish with **scallion greens**. Enjoy!

