

Cream of Chicken and Vegetable Soup



Ingredients

½ cup onion, small diced (1 small)	½ cup red bell pepper, diced small (1 small)
½ cup leeks, white part only, small diced (1/2 ea.)	¼ cup all-purpose flour
2 garlic clove, minced	2 oz. unsalted butter
2 skin on chicken thighs or breasts	½ cup dry white wine
1 cup carrots, peeled and diced small (1-2 ea.)	1 qt. chicken stock or broth
1 cup peeled and diced small white potato (1 ea.)	1 tbsp. chopped fresh thyme, no stems
½ celery peeled and diced small (2 stalks)	1 tsp. Kosher salt
	½ tsp. Ground black pepper
	½ cup of heavy cream
	2 tbsp. Lemon juice, or needed

Procedure

1. In a 3-qt. sauce pan, place chicken skin side down. Heat over medium heat until the fat has rendered out of the skin. It is ok if some of the skin sticks. Render on all sides until you get at least 2 tbsp. fat. Remove chicken and set aside.
2. Add all the vegetables and sauté for 4-5 minutes or until tender and the potatoes start to absorb some of the fat.
3. Deglaze with white wine scrapping to remove any bits off the bottom on the pan. Once simmering, remove vegetable and wine and set aside.
4. Return pan to heat. Add butter. Once melted, add the flour and whisk while cooking over medium heat for 3 minutes, or until light golden brown. Add the stock and whisk to remove any lumps.
5. Add the chicken and juices, plus the vegetables and wine. Simmer until vegetables are tender, and the chicken cooks through (no pink). Stir frequently to prevent burning.
6. When chicken is cooked through, remove from pot, and turn off heat.
7. Add heavy cream, lemon juice, salt and pepper. Add the thyme leaves and stir well.
8. When chicken is cool enough to handle, remove the skin and discard. Pull the meat into shreds and add it back to the soup. Discard any bones.
9. Stir well and adjust seasoning.

Yields approximately 2 ½ quarts