# Cream of Chicken Soup Recipes with Chicken Breast Recipes

Tender poached chicken breast, carrots and celery meet a smooth butter, flour and milk thickener in this creamy homemade soup.

**20 min prep | 45 min cook | 65 min total**
4 servings | Easy | Stovetop



Finished creamy chicken breast soup with carrots and celery

## Why this stovetop method works

Gently poaching the breasts in broth keeps them tender and provides a flavorful soup base. Making the butter, flour and milk thickener separately, then stirring it into the hot soup, gives the broth a smooth creamy finish without canned condensed soup.

## Ingredients (4 servings)

- **Chicken:** 1 1/2 lb (680 g) boneless, skinless chicken breasts
- **Vegetables:** 1 onion (150 g), diced; 3 garlic cloves (9 g), minced; 2 carrots (160 g), sliced; 2 celery stalks (100 g), sliced
- **Soup base:** 1 tbsp (15 ml) olive oil; 3 cups (720 ml) low-sodium chicken broth; 1/2 tsp (1 g) dried thyme; 1/2 tsp (3 g) salt, to taste; 1/4 tsp (0.5 g) black pepper
- **Creamy thickener:** 2 tbsp (28 g) butter; 2 tbsp (16 g) all-purpose flour; 1 cup (240 ml) milk

## Step-by-step method

**1. Soften the vegetables.** Heat olive oil in a large pot over medium heat. Cook onion, carrots and celery for 6–8 minutes until beginning to soften. Stir in garlic for 30 seconds.

**2. Gently poach the breasts.** Add chicken, broth, thyme, salt and pepper. Bring to a gentle simmer, partially cover and cook 25–35 minutes. Check early with a thermometer; the thickest part must reach 165°F (74°C).

**3. Shred the chicken.** Lift cooked breasts onto a clean board. Shred with two forks and return the chicken to the hot soup. Keep the pot at a gentle simmer.

**4. Make the thickener.** In a separate saucepan, melt butter over medium heat. Stir in flour for 1 minute. Whisk in milk gradually; simmer 3–4 minutes until smooth and thick.

**5. Finish the soup.** Stir the cooked thickener into the chicken soup. Heat gently for 5–10 minutes, stirring, until creamy and hot. Do not let it boil hard; taste and adjust seasoning.

### DONENESS & SAFE HANDLING

Use a food thermometer to confirm chicken reaches 165°F (74°C) at its thickest point. Keep raw-chicken utensils separate from cooked food. Refrigerate leftovers promptly in shallow containers.

Use the image set in order: ingredients → prep → cooking → finishing → serving.

# Cook’s guide & photo stages

The five image files follow this recipe in order and show a distinct, identifiable phase at each step.



**01 INGREDIENTS**

Measured chicken breasts, broth, vegetables, milk and thickener ingredients.



**02 PREP**

Dice vegetables and measure breasts, butter, flour and milk.



**03 COOKING**

Gently poach chicken breasts in broth; check temperature early.



**04 FINISHING**

Shred the cooked chicken and stir in the separately cooked creamy thickener.



**05 SERVING**

Serve the finished smooth chicken breast soup hot in bowls.

## Technique notes

**Check breasts early:** thickness varies, so use a thermometer and remove them once the thickest part reaches 165°F (74°C); this helps prevent dry chicken. Whisk milk gradually into the butter-flour mixture to reduce lumps. Keep the finished soup at a gentle heat.

## Variations & substitutions

**Herb:** add 1 tbsp chopped parsley at serving.

**Mild heat:** add a pinch of chili flakes to individual bowls.

**Thinner soup:** stir in a little hot broth. Taste before adding more salt.

## Serving suggestions

Divide among four bowls, making sure each serving contains shredded chicken, carrots, celery and creamy broth. Serve hot; prepare any bread or salad separately.

## Storage, freezing & reheating

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|---|---|
| **REFRIGERATE** | Divide into shallow containers and refrigerate within 2 hours (1 hour above 90°F/32°C). Keep at 40°F (4°C) or below; use within 3–4 days. |
| **FREEZE** | Freeze airtight portions for up to 2 months for best quality. Thaw in the refrigerator. Milk-based soup can separate slightly; stir gently while reheating. |
| **REHEAT** | Warm slowly on the stovetop over medium-low heat, stirring often, until the center reaches 165°F (74°C). Avoid a hard boil. Add a splash of broth or milk if it thickens too much. |

## Quick answers

**Can I use chicken thighs instead?** Yes, but the recipe timing may vary; verify every piece reaches 165°F (74°C).

**How do I keep the soup smooth?** Whisk milk gradually into the butter-flour mixture, cook until thick, then stir it into the hot soup.

Food safety: USDA FSIS, Safe Internal Temperatures and Leftovers; FoodSafety.gov, Cold Food Storage Chart.
Poultry 165°F (74°C); refrigerate leftovers within 2 hours (1 hour above 90°F/32°C), in shallow containers.