Chicken Recipes with Cream of Mushroom Soup Recipes

Prep: 20 Cook: 50 Serves: 4 Difficulty: Easy

Ingredients

- 1 1/2 lb (680 g) boneless skinless chicken thighs
- 1 tbsp (15 ml) olive oil
- 1 onion (150 g), diced
- 3 garlic cloves (9 g), minced
- 2 cups (480 ml) low-sodium chicken broth
- 1/2 tsp (1 g) dried thyme
- 1/2 tsp (3 g) salt, adjusted to taste
- 1/4 tsp (0.5 g) ground black pepper
- 8 oz (225 g) mushrooms, sliced
- 2 tbsp (28 g) butter
- 2 tbsp (16 g) all-purpose flour
- 1 cup (240 ml) milk

Method

1. Heat oil in a large pot over medium heat. Soften onion and mushrooms for 6-8 minutes; stir in garlic for 30 seconds.

2. Add chicken, broth, thyme, salt and pepper. Bring to a gentle simmer, partially cover and cook 25-35 minutes, until the thickest chicken pieces reach 165°F (74°C).

3. Lift chicken onto a clean board, shred with two forks and return to the pot. Warm through and adjust seasoning.

4. In a saucepan, melt butter over medium heat. Stir in flour for 1 minute, then whisk in milk gradually. Simmer 3-4 minutes until smooth and thick. Stir into the hot chicken mixture and heat gently for 5-10 minutes.

Doneness & practical notes

Chicken must reach 165°F (74°C) in its thickest part; check several pieces with a food thermometer.

A homemade mushroom soup sauce coats the chicken; add broth if a thinner soup is preferred.

Cooking stages



• Ingredients: chicken thighs, mushrooms, aromatics, broth and ingredients for a smooth homemade cream sauce measured and ready.

• Prep: slice mushrooms, dice onion and mince garlic; keep chicken thighs whole for poaching.

• Cooking: gently simmer chicken and mushrooms in seasoned broth until the chicken reaches 165°F (74°C).

• Finishing: shred cooked chicken, stir in the separately prepared butter, flour and milk sauce, then warm gently until creamy.

• Serving: ladle creamy chicken and mushroom soup into bowls and garnish with thyme.