

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## Chicken Potpie Soup

From Food Network Magazine-Dec 2012

Serves: 4

2 Tbsp unsalted butter  
1 pound skinless, boneless chicken breasts, cut into ½-inch pieces  
Sea salt  
2 stalks celery, chopped  
1 medium onion, chopped  
¼ cup whole wheat flour  
½ tsp poultry seasoning  
3 cups low-sodium chicken broth  
1 cup half-and-half  
3 medium Yukon gold potatoes, chopped  
1 10-ounce package frozen mixed peas and carrots

1. Melt the butter in a large pot over medium-high heat. Add the chicken and ½ tsp salt and cook, undisturbed, 2 minutes, then cook, stirring, 1 more minute. Transfer to a bowl.
2. Add the celery, onion, flour, ½ tsp salt and poultry seasoning to the pot and cook, stirring, 1 minute. Stir in 2 cups water, the broth, half-and-half and potatoes; cover and bring to a simmer. Reduce the heat to medium and simmer, partially covered, 10 minutes. Add the peas and carrots and simmer until the vegetables are tender, about 6 minutes. Return the chicken to the pot and simmer until cooked through, about 1 minute. Season to taste, if needed.