

slow cooker

CHICKEN POT PIE SOUP

FREEZER BAG INGREDIENTS

1.5 lbs. boneless, skinless chicken breast
20 oz. frozen vegetable mix
½ large yellow onion, finely diced
2 large russet potatoes, cut into ½-inch chunks
1 tablespoon garlic powder
1 tablespoon onion powder
1 tablespoon poultry seasoning
1 teaspoon ground oregano
½ - 1 teaspoon black pepper
8 cups chicken broth

COOKING INGREDIENTS

¼ cup butter
½ cup flour
3 tablespoons heavy cream

FREEZER BAG DIRECTIONS

1. Add chicken breast, frozen vegetables, onion, and potato into a freezer safe gallon-sized bag.
2. Then sprinkle on spices and make sure chicken and vegetables are fully coated.
3. Remove as much air from the bag as possible and seal tightly.
4. Freeze for up to 3 months.

COOKING DIRECTIONS

1. Thaw freezer bag in the fridge overnight.
2. Once thawed, place contents of the bag in slow cooker and add 8 cups of chicken broth.
3. Cover and let cook on high for 3-4 hours or on low for 6-8 hours.
4. With one hour remaining in your cook time, start making your roux.
5. In a small saucepan, melt butter over medium/high heat.
6. Lower heat to medium heat and add flour to butter. Whisk until mixture turns into a crumbly consistency. Remove from heat.
7. Add butter/flour mixture to the slow cooker and whisk soup until butter and flour mixture dissolves.
8. Place cover on slow cooker, turn to high if it's not already on high, and let cook for an additional 1 hour to allow broth to thicken.
9. Once chicken is fully cooked, remove and dice into small chunks. Add back into slow cooker and stir.
10. Finally, add heavy cream to soup, mix, and serve!

