



## Cream of Chicken Soup

Yield: serves 4

Here is a soup without cream. You can add about 1 cup of milk if desired.

|          |                        |
|----------|------------------------|
| 2 tbsp   | unsalted butter        |
| 1 medium | onion, diced           |
| 2 tbsp   | white wine             |
| 2 lbs    | cauliflower, chopped   |
| 2 each   | chicken breasts, cubed |
| 3 cups   | chicken broth          |
| 2 tbsp   | flour                  |
| 1 tsp    | salt                   |
| 1/4 cup  | fresh basil, chopped   |
| pinch    | nutmeg                 |
| pinch    | white pepper           |

1. Heat butter in a saucepan over medium heat. Add onion, sauté until golden brown, about 5 minutes. Add wine, cauliflower and chicken. Stir for 30 seconds.
2. In a small bowl, combine stock and the flour with the seasonings. Add this to the above, cooking for 20 minutes.
3. Serve hot with crackers or crusty bread