
Cream of Chicken Soup with Lemon and Tarragon

Inspired by a recipe in *New Covent Garden Soup Company Book of Soups*



Servings: 6

1. In a large Dutch oven heat butter and olive oil over medium-high and once shimmering, add onion and leeks. Cook over medium heat for 5-7 minutes, then add celery. Cook for 5 minutes, then add dried tarragon, both chicken broth and vegetable broth to a simmer. Add lemon zest and juice. Cover and simmer for about 20 minutes.
2. Using an immersion blender, puree about half of the soup mixture until thickened. Add chicken, cover and simmer for about 12 minutes, then add coconut milk. Heat to just below a simmer and serve with chives garnishing the top.

- 1 tablespoon EVOO
- 1 tablespoon butter
- 1 large yellow onion, chopped
- 2 medium leeks, cleaned, chopped
- 1 cup celery, chopped
- 2 cups low sodium chicken broth
- 2 cups vegetable stock
- 2 teaspoons dried tarragon
- zest from one lemon
- 3 tablespoons fresh lemon juice
- 1 pound boneless skinless chicken breast, chopped in small cubes
- 12 ounces coconut milk, full fat, or coconut cream
- 3 tablespoons fresh chives, minced

Per Serving (excluding unknown items): 353 Calories; 20g Fat (49.8% calories from fat); 25g Protein; 20g Carbohydrate; 4g Dietary Fiber; 50mg Cholesterol; 816mg Sodium. Exchanges: 1/2 Grain(Starch); 3 Lean Meat; 1 Vegetable; 0 Fruit; 4 Fat.

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