

Easy Buffalo Chicken Soup

Adapted from Tasteholics blog



Servings: 6

1. Heat large soup pot over medium heat and add oil and butter. When melted and bubbling lightly, add shallot, celery and carrots and saute at medium-low heat until vegetables are wilted, but not browned. Add chopped cabbage.
2. Add chicken broth, hot sauce, cream cheese and cream. Add dried thyme you've crushed between your palms.
3. Bring to a simmer, cover and set over low heat for 10 minutes.
4. Add the chopped chicken and heat through. Season with salt and pepper to taste. If desired, when you're ready to serve, garnish with sour cream and chopped green onion.

- 3 tablespoons butter
- 1 1/2 tablespoons EVOO
- 1 medium shallot, peeled, minced
- 3 stalks celery, chopped
- 3 whole carrots, chopped
- 3 cups cabbage, chopped (optional)
- 1 quart low-sodium chicken broth
- 3 ounces cream cheese
- 1/2 cup heavy cream
- 1/3 cup Frank's Red Hot Sauce (use less if you don't want heat)
- 1 teaspoon thyme
- 3 cups cooked chicken, chopped
- 1/2 teaspoon cayenne, optional (it may be hot enough already)
- Optional garnishes: sour cream, green onion

Per Serving (excluding unknown items): 416 Calories; 32g Fat (64.3% calories from fat); 30g Protein; 10g Carbohydrate; 3g Dietary Fiber; 119mg Cholesterol; 291mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 1 1/2 Vegetable; 0 Non-Fat Milk; 4 Fat.

Carolyn T's Blog: tastingspoons.com