

Cream of Chicken Soup

For 3-4 people:

1/8 pat of butter, or dessert-sized spoon coconut oil, or slosh of olive oil,

1 large or two medium sized white onions, chopped quite small,

Couple of cloves of garlic if wanted, finely chopped,

1 pint of homemade chicken broth, (or 1 chicken stock cubes in 1 pint water),

1 medium tub double cream,

1/8 teaspoon nutmeg or mace, and/or a shake of dried parsley or chives,

Salt and pepper,

Previously cooked chicken meat, flaked,

Heat the butter (or coconut oil or olive oil) in a large saucepan or casserole pot,

Cook the onions on a low heat until translucent,

Add the garlic just for a minute or so, and stir,

Pour in the broth or stock, salt and pepper, and simmer for 10 minutes,

Pour in the cream and stir,

Taste and add another chicken stock cube if too bland,

Pour into a blender and whizz until smooth,

Add back into the pan with the nutmeg, and/or mace, and/or parsley, and/or chives,

Add in the cooked chicken flakes,

Warm through, taste and add more salt and/or pepper if needed, then pour into bowls,

Serve with rolls, or toast, or flatbread, or oat biscuits...