

"healing" Creamy Chicken Pasta Soup

3 tblsp butter
1 c sliced celery
2 c chopped carrots
1 med onion, chopped
minced garlic
1 large pack white mushrooms, sliced
3 tblsp flour
 $\frac{1}{4}$ c white wine
6-8 cups chicken broth (or use rotisserie chicken, and make your stock with bones while chopping)
S&P
1 $\frac{1}{2}$ lbs chicken breasts - cut into large pieces (if using canned broth)
1 c orecchietta pasta
1 $\frac{1}{2}$ c heavy cream
2 tblsp chopped fresh parsley
 $\frac{1}{4}$ lb sugar snap peas - sliced in pod
 $\frac{1}{2}$ c juice of freshly squeezed lemon

To Make Broth:

Remove chicken from carcass, add bones to 4-5 quarts water, add onion, celery, carrot pieces, S&P, bouquet garni. Bring to low boil, reduce and simmer 30 minutes. Strain and degrease (can refrigerate overnight for easy removal)

Shred 3-4 cups chicken to add to soup

Soup:

melt butter in heavy dutch oven over med heat.

Add celery, carrots, & onion - Sauté until tender - 5 min.

add mushrooms & garlic, sauté 5 more mins

add flour and cook 3 min into roux

add wine and cook down

gradually mix in chicken stock ... bring to simmer

season

if not using rotisserie, add chicken breast pieces and simmer until cooked - remove

cook pasta separately (Grant likes to combine only when served) or increase heat and cook in soup
meanwhile hand shred cooked chicken when cool

add chicken, cream, parsley and sugar snaps Simmer 5 minutes
add lemon juice
Serve with lemon wedges!

Source unknown – perfected many years ago while nursing myself through a relationship breakup --- it will cure almost anything!! ☺

