

Chicken Pot Pie Soup

This recipe makes approximately 12 cups of soup



Ingredients

2 (9-in) refrigerated pie crusts
1 cup grated cheddar cheese
2 tbsp + ¼ cup chopped fresh parsley
4 tbsp salted butter
3 stalks celery diced
2 medium carrots, peeled and diced
2 medium onions, diced
2 tsp chopped fresh thyme
Pinch turmeric
Kosher salt and black pepper to taste
¼ cup all-purpose flour
½ cup white wine
6 cups chicken broth
3 cups shredded rotisserie chicken
½ cup heavy cream

Directions:

1. Preheat the oven to 375°F and line two sheet pans with parchment paper.
 - a. Unroll the crusts onto the sheet pans, sprinkle with cheese and 2 tablespoons parsley, and lightly press to help them stick.
 - b. Bake for 12–14 minutes, or until the edges are golden brown, the cheese is bubbling, and the crust is baked through.
2. In a Dutch oven over medium heat, melt the butter.
3. Add the celery, carrots, onion, and thyme. Stir in the turmeric, salt, and pepper, and cook for 3–4 minutes until the vegetables begin to soften.
4. Sprinkle the flour over the vegetables and stir to combine. Cook for an additional 1–2 minutes.
5. Slowly pour in the wine and chicken broth while stirring.
6. Add the chicken and parsley, then bring the soup to a boil until it thickens slightly.
7. Stir in the cream.
8. Allow the soup to cool completely. Break up the baked crust dippers and spread them across freeze-drying trays lined with parchment.
9. Pour the cooled soup onto the trays and insert dividers to create 40 portions.
10. Freeze the trays until the soup is solid.
11. Freeze dry (my cycle time was 36 hours)

Rehydration:

For one serving, add 1½–2 cups of hot water. Stir well, let it sit covered for 8–10 minutes, and stir again before eating to ensure the chicken and vegetables are fully rehydrated.

Notes:

Each serving is approximately 2 cups of soup and ⅓ of the cheddar dippers. This makes a great single serving package with the cheddar dippers included in the package. A great high calorie meal for backpacking.

Nutritional Value Per 1 serving

Calories: 725 Protein: 32 g Fat: 58 g Carbohydrates: 30 g Sugar: 5 g Fiber: 2.5 g