

CREAMY CHICKEN AND MUSHROOM FLORENTINE SOUP



Nutrition Facts

Serving Size	1 12th recipe
Amount Per Serving	
Calories	240
% Daily Value	
Total Fat	14g22%
Saturated Fat	8g40%
Cholesterol	55mg18%
Sodium	1200mg50%
Total Carbohydrate	16g5%
Dietary Fiber	2g8%
Protein	13g26%
Vitamin A	%
Calcium	%
Vitamin C	%
Iron	%

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Total Time
**NOT
AVAILABLE**

Serving Size
1 12TH RECIPE

Difficulty
EASY

Yields
12

INSTRUCTIONS

1. Prepare soup as directed.
2. Sauté chicken, garlic, herbes de Provence, salt and pepper in oil for 8 to 10 minutes or until browned and cooked through.
3. Stir chicken mixture into soup; bring to simmer. Cook for about 5 minutes or until heated through. Stir in spinach; cook for 3 to 5 minutes or until wilted. Stir in lemon juice.



Tip

For each portion, ladle 1 1/3 cups (330 mL) into bowl; garnish with 1 tsp (5 mL) parsley.