



**Nutrition Facts**

Serving Size 1 12th recipe

**Amount Per Serving**

**Calories** 240

% Daily Value

**Total Fat** 14g **22%**

**Saturated Fat** 8g **40%**

**Cholesterol** 55mg **18%**

**Sodium** 1200mg **50%**

**Total Carbohydrate** 16g **5%**

**Dietary Fiber** 2g **8%**

**Protein** 13g **26%**

Vitamin A % Vitamin C %

Calcium % Iron %

## CREAMY CHICKEN AND MUSHROOM FLORENTINE SOUP



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.