



Chicken, Mushroom & Spinach Soup

You need:

- 4x free range chicken breasts (400g)
- 400g mushrooms (sliced)
- 1.5x onion (finely diced)
- 100g baby spinach
- 120ml medium fat cream cheese
- 6 cups chicken stock
- spices (mixed herbs, salt, pepper etc)

Calories/s

224 or 162 (no dairy)

Prep time

10 min

Servings (s)

6

cook time

12-15 min

Method:

- Fry the onion and mushroom with spices (until soft)
- Place chicken with spices in the oven for 20 min, at 180°C. then shred in pieces
- Add chicken stock to onion and mushrooms
- Add cream cheese and stir in
- Lastly, add the shredded chicken and voila!

Notes:

- You can add any other healthy veggies to the soup if you like.
- You can also substitute the chicken with another meat option.

Nutrition Facts

Serving Size	per meal
	Per serve
Energy	854 kj 204 kcal
Protein	13.69g
Carbohydrates	1.33g
Sugar	0.67g
Fat	15.59g
Saturated Fat	7.474g
Polyunsaturated Fat	1.281g
Monounsaturated Fat	5.157g
Cholesterol	343mg
Fiber	0.0g
Sodium	222mg
Potassium	126mg