



# Broccoli cream soup

Total: 74 min · Prep: 25 min · Cook: 49 min · 1 servings · Easy · Dinner

Gluten-Free

## INGREDIENTS

100 g Chicken breast

75 g Broccoli

75 g Cauliflower

35 g Carrot

35 g Bacon

20 g Sour cream or cold cream 10%

150 ml Water

## INSTRUCTIONS

- 1 Boil broccoli, carrot and cauliflower in salted water until tender. This takes about 15 minutes.
- 2 Bake chicken breast in foil with your favorite spices in a preheated 180 degree oven for 22 minutes until done.
- 3 Blend the boiled vegetables with the broth from cooking until smooth puree.
- 4 Add salt and spices to the blended mixture, add the liquid from the foil from baking the chicken, cut the baked chicken into pieces and add. Blend again. Heat in a pot on the stove or in a microwave until hot. Add sour cream, herbs and finely chopped bacon to the finished dish.

**Nutrition per serving:** 338 kcal · Protein 32.0 g · Fat 18.0 g · Carbs 13.0 g · Fiber 4.4 g