

JENNI MARIE'S TEST KITCHEN

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Creamy Chicken a la King

Serves 4-5 People

This dish is delicious poured over [buttermilk biscuits](#), used as pot pie filling, or served as cream of chicken soup.

Equipment Needed:

- Large Skillet or Dutch Oven
- Wooden Spoon & Rubber Spatula
- Cutting Board & Chef's Knife (or slap chop device)
- Measuring Cups & Spoons
- Small Bowl
- Kitchen Scale

Directions:

1). Gather all equipment & ingredients. Wash, weigh, and fine chop carrots, celery, mushrooms, and onions (omit onion for low FODMAP). Measure out 1 C. chicken broth/stock and set aside. In a small bowl, combine thyme, rosemary, parsley, garlic replacer (or powder) and onion replacer (for low FODMAP only). Set seasoning mixture aside. Make a cornstarch slurry & set aside.

- **1/2 C. (84g.) Fine Chopped Carrot**
- **1/4 C. (60g.) Fine Chopped Celery**
- **3/4 C. (84g.) Fine Chopped Mushrooms**
- **1/4 C. (56g.) Fine Chopped Onion (omit if cooking Low FODMAP)**
- **1 C. (237ml.) Chicken Stock (I highly recommend Better than Bouillon)**
- **1/4 t. Dried Thyme**
- **1/4 t. Dried Rosemary**
- **1 t. Dried Parsley**
- **1/4 t. Low FODMAP Onion Replacer (omit if using diced onions)**
- **1/2 t. Low FODMAP Garlic Replacer (or 1/4 t. garlic powder if not cooking Low FODMAP)**

Cornstarch Slurry – In a mason jar with tight fitting lid combine:

- **2 T. Cornstarch + 2 T. Water or Chicken Broth – shake well so there's no lumps. Set aside.**

2). Heat large skillet or dutch oven over medium high heat. When pan is hot, drop in butter and olive oil, move it around to coat bottom of pan and immediately add chopped veggies. Sauté for 5-7 minutes, stirring frequently until they start to soften up. Season with a pinch of salt & pepper. Once veggies are starting to soften, sprinkle on the seasoning mixture we made in step 1 followed by the chicken stock. Stir everything gently to combine. Let simmer on medium heat for about 10 minutes, or until the liquid has reduced by about 1/3. Add cream cheese and stir gently until it fully melts. Add heavy cream and stir frequently as you bring it back to a low simmer.

- **2 T. (28g.) Butter**
- **2 T. (30ml.) Low FODMAP Onion Oil (or regular olive oil)**
- **Pinch of Salt & Pepper**
- **2 C. (473ml.) Heavy Cream (sub w/ half & half)**
- **2 T. (56g.) Full Fat Cream Cheese**
- **14-16oz. Shredded Rotisserie Chicken (wait to add this in step 3)**

3). Give the cornstarch slurry a good shake and make sure the sauce is simmering when you begin adding it, about a tablespoon at a time. Stir it in for a minute to see how much it thickens before adding more to desired consistency. Once desired thickness is reached, stir in shredded chicken. Taste test and season with salt & pepper as needed. Serve immediately. Leftovers can be refrigerated for up to 7 days or frozen for several months. This is one of our favorite comfort food dishes. Enjoy!

**Reheating from frozen – place frozen soup in a large saucepan on very low heat. Pour about 1/3 C. of milk or heavy cream into the pan and cover with lid. Stir frequently as the frozen chunk thaws and breaks up. This process cannot be hurried, or the sauce will get too hot, break, and become inedible. While your sauce is warming you can whip up some fluffy [buttermilk biscuits](#) from my bread and desserts page.*