



Anna Jones, MS, RDN, LD

## **Creamy Chicken Sausage & Mushroom Soup**

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### **Ingredients:**

2 teaspoons olive oil  
12 oz. package chicken sausage, cut into bite-sized pieces (I used the Premium Publix brand Artichoke & Parmesan chicken sausage)  
1 Tablespoon butter  
1 onion, chopped  
3 cloves garlic, minced  
3 celery stalks, chopped  
5 carrots, peeled & chopped  
3.5 oz. shiitake mushrooms, thinly sliced  
8 oz. baby Bella mushrooms, thinly sliced  
1/2 teaspoon salt  
Freshly ground pepper, to taste  
1/2 teaspoon dried thyme  
1/4 cup all-purpose flour  
4 cups chicken stock (I used homemade chicken broth I had saved in the freezer, but store bought will work. I recommend Trader Joe's Organic Low-Sodium chicken broth)  
1 bay leaf  
1/2 cup half & half

### **Directions:**

Heat olive oil in large Dutch oven over medium heat. Add chicken sausage and stir and cook until golden brown, about 3-4 minutes; remove from pot and set aside.

Melt 1 Tablespoon butter in same pot. Add in onions. Let cook for 2 minutes. Stir in garlic, celery, carrots, & mushrooms. Season with salt and pepper, and thyme. Cook until veggies are tender, about 8-10 minutes.

Stir in flour and cook for 1-2 minutes until lightly browned. Stir in chicken broth, bay leaf, and chicken sausage. Reduce heat to simmer and cook, stirring occasionally until slightly thickened, about 5-10 minutes. Stir in half & half and let heat through for a few minutes. Enjoy!

Makes 6 servings.

### **Nutrition Information:**

Calories: 226 Fat: 13 g Saturated Fat: 4.7 g Sodium: 843 mg  
Carbohydrates: 13 g Fiber: 2 g Sugars: 3.5 g Protein: 17 g

I served ours with a slice of Publix bakery whole wheat bread with a little butter and Parmesan that I toasted up under the broiler at 400 degrees for a couple minutes.