

Macaroni Cream Soup

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1. Wash and dry the vegetables, remove the sprout from the potatoes and halve lengthwise the 1 inch slice crosswise. Dice the onions and celery. Slice Chicken Breast into bite size.
2. In a large pot heat 2 teaspoons of Olive oil on medium high until hot. Add the onions, carrots, celery and chicken breast, stirring occasionally, 4-5 minutes or until lightly browned and softened.
3. Add 2 1/2 cups of water to the pot and high- heat until boils. Skim off the fat that rises to the top of the soup. Cover the pot, Turn down the heat to low-medium and continue cooking for 20 minutes.
4. Add Potatoes, 1 cup of Macaroni and 3 Tablespoons of Chicken Soup Base into the pot, high heat to boil then reduce heat and cover, continue cooking low medium heat for another 10 minutes.
5. Combine 1/2 cup cold water, 2 Tablespoons of flour. Mix well in the cup to dissolve. Also prepare one cup of milk. Set them aside.
6. Remove the pot from heat, Mix flour solution again in the cup and slowly blend into the pot. Mix thoroughly for 1 minutes.
7. Add one cup of milk and put over medium heat for about 1 – 2 minutes to thicken. Stir occasionally.
8. Turn off the heat.

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