How to Use Cream of Chicken Soup

Tips & Tricks
For every can of cream of chicken soup, add a can of water. This will help lower the fat and sodium content of your meal.

Creative Eats
Chicken & rice skillet- Dice chicken and cook on hot skillet with cream of chicken. Add in broccoli and rice.
Stroganoff-style pasta- Use as a sauce for a fancy pasta. Add grilled chicken strips, mushrooms, and seasonings.
Enchiladas- Use cream of chicken sauce to top enchiladas.
Shredded chicken sandwiches- In a slow cooker, combine chicken, cream of chicken soup, and seasonings. Cook on high for 4-5 hours. Shred with two forks.

CREATE
HEALTHY CHOICES

White Chicken Chili

Ingredients

- 2 pounds boneless, skinless chicken or leftover turkey
- 3 cans white beans, drained
- 1 can corn or 2 cups frozen corn
- 1 envelope or tablespoon taco seasoning mix
- 1 can chopped green chilies
- 1 can cream of chicken soup
- 1 can chicken broth or 2 teaspoons chicken bouillon and 2 cups water
- ½ cup half and half or milk
- 1 can green enchilada sauce (optional)

Directions

Place chicken (or turkey) in slow cooker. Top with beans, corn, and green chilies. In a separate bowl, mix together soup, taco seasoning, and broth. Pour over ingredients in the crockpot. Cover and cook on low for 6 to 8 hours, depending on if you used raw chicken. If meat is already cooked, 3 to 4 hours. Cut or shred chicken when done cooking. To with whatever topping you like!

Topping Options:
Sour Cream, Shredded Cheese, Sliced Green Onions, Tortilla Strips or Crunched Up Chips, Sliced Avocado

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