

# Chicken Soup

...whether you live on a crag on an island off the coast of Scotland or a bayou in Baton Rouge, this soup can heal what ails you.

By Catherine Mungall

## ingredients:

- 1-2 lbs boneless skinless chicken breast tenders
- ½ carton creole chop (onions, bell peppers, celery, parsley, etc)
- ½ carton baby bellas
- ¼ cup chicken base
- 2 qts water
- ¼ log cream cheese
- ¼ cup cream
- Course blk pepper and sea salt to taste
- 1 sliced sweet potato
- 6" uncured link sausage
- ½ bag baby carrots

## directions:

- Brown tenders in EVOO.
- Add all ingredients, simmer 1.5-2 hours.
- Can substitute shrimp for chicken!