Cream of Chicken and Mushroom Soup – High Protein
Serves 1

Ingredients
½ teaspoon canola oil
3 tablespoons finely chopped fresh or canned mushrooms
1 tablespoon minced celery
1 ½ teaspoon flour
½ cup low-sodium chicken broth
½ cup milk
1/8 teaspoon Old Bay Seasoning©
1/8 teaspoon onion powder
1 (1-ounce) package unflavored whey protein powder, like UNJURY©

Directions
1. Heat oil in a small sauce pan. Add mushrooms and celery and saute for 3 minutes, until softened. Mix in flour and cook 1 minute.
2. Whisk in chicken broth, milk, Old Bay seasoning, and onion powder. Simmer for 3-5 minutes, until thickened. Remove from heat and let cool to 140 degrees F or below. (If whey protein is added above 140 degrees the soup will curdle).
3. Pour soup into a blender. Add whey protein and puree until smooth. Pour soup through a fine strainer to remove any small bits of vegetables.

Recipe Note:
1. You can also use chicken flavored whey protein powder, just use water instead of chicken broth.
2. UNJURY© packets can be purchased at www.UNJURY.com 1-800-517-5111
3. 1 packet = about 1/3 cup whey protein powder.
4. This recipe contains 1 cup fluid and 25 grams protein.

Nutrition information per serving:
Calories: 150 Carbohydrates: 4g
Total Fat: 4g Cholesterol: 5mg
Saturated Fat: 0.5g Dietary Fiber: 0g
Protein: 25g Sodium: 256mg