

Boston Medical Center

Nutrition Resource Center

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263

Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



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