



## Cream of Chicken Corn Soup

Yield: serves 4

Here is a soup without cream. You can add about 1 cup of lite milk if desired.

2 tbsp	unsalted butter
1 medium	onion
2 tbsp	white wine
2 lbs	broccoli , chopped
2 each	chicken breasts, cubed
8 oz	corn
3 cups	chicken broth
2 tbsp	flour
1 tsp	salt
1/4 cup	fresh basil, chopped
pinch	nutmeg
pinch	white pepper

1. Heat butter in a saucepan over medium heat. Add the onion, sauté until golden brown, about 5 minutes. Add the wine, cauliflower, chicken and corn. Stir for 30 seconds.
2. In a bowl, combine the stock and the flour with the seasonings. Add this to the above, cooking for 20 minutes.