



Featured Recipe

Olson Women's Health Resource Center
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Creamy Chicken Soup with Potatoes and Bacon

Warm yourself up this winter with this delicious Creamy Chicken Soup with Potatoes and Bacon recipe. It only has 220 calories per serving. With 17 grams of protein and 7 grams of fiber it will keep you feeling full and satisfied for hours. It reheats well so it's great for leftovers. Enjoy!

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INGREDIENTS

- 4 slices bacon, chopped
- 1 tbsp. unsalted butter
- 1 leek, (white and light green parts), halved and sliced
- 2 cloves garlic, pressed
- 1 tsp. fennel seeds, crushed
- 2 tbsp. all-purpose flour
- 2 cups whole milk
- 4 cups chicken stock
- ¾ lb. red potatoes cut into ½ inch chunks
- 6 sprigs thyme
- Kosher salt and freshly ground black pepper
- 2 cups shredded rotisserie chicken
- 1 cup frozen corn, thawed
- Sliced fresh chives, for serving

INSTRUCTIONS

1. Cook bacon in a large pot over medium heat until brown and crisp, 7 to 8 minutes. Transfer to a paper towel-lined plate with a slotted spoon. Reserve the pot.
2. Add butter and leek to reserved pot. Cook, stirring occasionally, until tender, 3 to 4 minutes. Add garlic and fennel. Continue to cook, stirring, until fragrant, for about 1 minute. Add flour and cook, stirring, for another minute. Slowly whisk in milk and then stock. Add potatoes and thyme. Season with salt and pepper. Bring to a boil, reduce heat, and simmer until potatoes are tender, about 14 to 16 minutes.
3. Add chicken and corn. Cook until soup is heated through, about 1 to 2 minutes. Discard thyme. Serve topped with crispy bacon and chives. One cup of soup per serving.

Yields: 7 cups

Total Time: 40 minutes

NUTRITION

Calories: 220 kcal

Carbohydrates: 18g

Fat: 16g

Protein: 17g

Dietary Fiber: 7g

Olson Wellness Exchange

The Olson Wellness Exchange is a free wellness program offered by the Olson Center. Designed to help community members incorporate health and wellness into their daily lives; by joining the Olson Wellness Exchange you will receive up-to-date information on Olson Center educational offerings and learn about companies in Omaha area that are working to improve wellness in the community. Some benefits of your FREE O.W.E. membership include monthly e-mails or mail with current offerings and promotions from O.W.E. partners, a free subscription to our quarterly women's health newsletter, and notifications of educational seminars specific to health issues. To register, call (402) 559-6345, or visit us at the Olson Center for Women's Health – Resource office located on the 4th Floor of the Durham Outpatient Center on UNMC's main campus. Registration can also be completed online at www.unmc.edu/obgyn/community/.

