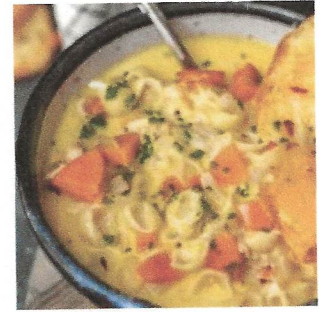


CHICKEN MACARONI SOUP★★★★★

COURSE: SOUP CUISINE: AMERICAN PREP TIME: 20 MINUTES
COOK TIME: 30 MINUTES TOTAL TIME: 50 MINUTES SERVINGS: 6
CALORIES: 410KCAL AUTHOR: [BECKY HARDIN - THE COOKIE ROOKIE](#)



Macaroni Soup is about to be your new favorite comfort food! I've combined delicious, creamy soup with cheeesy macaroni and cheese to create the perfect dish: Chicken Mac and Cheese Soup. You're going to want to eat a bowl of this every day!

INGREDIENTS

FOR THE TOASTED CHEESY CROSTINI:

- French baguette cut into 1-inch slices
- Olive Oil
- 1/8 teaspoon crushed red pepper flakes
- 1/2 cup shredded cheese cheddar or Italian blend

FOR THE SOUP:

- 2 tablespoons vegetable oil
- 2 tablespoons unsalted butter
- Kosher salt
- Freshly ground black pepper
- 2 boneless skinless chicken breasts (or 3 cups cooked chicken)
- 3 medium carrots cut into 1/8-inch slices
- 1 celery stalk cut into 1/8-inch slices
- 1 small yellow onion diced
- 4 cups chicken stock
- 1/4 cup semi-dry or dry white wine one you like to drink; optional

INSTRUCTIONS

FOR THE TOASTED CHEESY CROSTINI:

1. Heat oven to 375°F and line a baking sheet with foil or parchment. Place the baguette slices on the prepared baking sheet and drizzle them
2. with oil. Bake at 375°F for 10 minutes then turn each piece over and bake another 5-10 minutes or until crispy and golden brown.
3. When ready to serve, set the oven to broil.
4. Top each crostini with a mound of cheese and sprinkle (very lightly) with crushed red pepper flakes.
5. Broil 2-3 minutes or until the cheese is melted and has a little color on top.
6. *NOTE: If not using crostini to top the soup, add 1/8 teaspoon crushed red pepper to the soup. This will add a little "kick" to the soup but won't make it spicy.

FOR THE SOUP:

1. Pat the chicken breast dry using paper towels and sprinkle both sides of the breasts with salt and pepper.
2. Heat a Dutch oven over medium heat and add the oil. When the oil shimmers, add the butter and the chicken breasts. Cook the chicken breasts 3 minutes or until the pan-side is golden brown. Flip the breasts over and cook another 2-3 minutes. Transfer the breasts to a plate; set aside.
3. Add the carrots and celery to the still-hot Dutch oven and, if needed, add 1-2 more tablespoons oil. Cook the vegetables 3 minutes, stirring occasionally. Add the onions

- 1 teaspoons fresh thyme leaves
- ¼ teaspoon freshly grated nutmeg
- ¾ tablespoon Dijon mustard
- ½ pound small shell pasta uncooked
- 2 cups whole milk or half 'n half
- ½ cup shredded Gruyère cheese
- 1 cup shredded Colby Jack cheese
- ½ cup shredded Cheddar blend cheese
- Garnish: Chopped fresh parsley
- Smoked paprika or grated nutmeg optional

and cook another 3 minutes or until the onion has softened and is translucent.

4. Slowly add the chicken stock, while stirring to deglaze the pan, and add the wine. Stir well. Bring the stock to a boil.
5. Add the thyme, nutmeg, mustard and pasta. Stir well and bring back to a boil. Reduce the heat to medium-low and simmer the soup about 30 minutes. The pasta should be cooked through and the broth thickened.
6. While the soup simmers, cut or shred the cooked chicken breasts.
7. After 30 minutes, turn the heat to medium and add the milk and cut chicken breasts.
8. Bring the soup just to a boil and immediately reduce the heat to low. Cook the soup 10 minutes or until it has thickened slightly.
9. When it is the desired consistency (soup-ish but not stew-ish), add the cheeses and stir until cheese has melted.
10. Season to taste with salt and pepper.
11. Ladle the soup into bowls and top with one or two Toasted Cheesy Crostini (depending on the size).
12. Garnish with chopped fresh parsley, sprinkle lightly with smoked paprika or grated nutmeg and...
13. Enjoy!

NUTRITION

Calories: 410kcal | Carbohydrates: 15g | Protein: 30g | Fat: 24g | Saturated Fat: 14g | Cholesterol: 100mg | Sodium: 556mg | Potassium: 730mg | Fiber: 1g | Sugar: 9g | Vitamin A: 5705IU | Vitamin C: 5.1mg | Calcium: 321mg | Iron: 1mg