



CHICKEN POT PIE CHOWDER

Creamy Without the Cream.

A hearty chicken and vegetable chowder with all the comfort of chicken pot pie. No butter, no cream — the potatoes are puréed to create the thick, velvety base.



SERVINGS
6



PREP TIME
20 MIN



COOK TIME
30–40 MIN



DIFFICULTY
EASY

INGREDIENTS

- 1 boneless, skinless chicken breast
- 2 large potatoes, peeled and diced
- 1 carrot, small diced
- 1 large onion, small diced
- 2 celery stalks, small diced
- ½ red bell pepper, small diced
- ½ green bell pepper, small diced
- 1 teaspoon chopped garlic
- 1 cup frozen peas
- 1 cup frozen corn
- 2 litres hot water
- 2 tablespoons olive oil
- Salt and black pepper, to taste
- Croutons, for serving
- Crispy bacon bits, for serving
- Fresh parsley (optional)



STEP-BY-STEP

1



POACH THE CHICKEN

Place the chicken breast in a medium pot and cover with cold water. Bring to a boil and poach until approximately two-thirds cooked — the centre should still be undercooked. Remove the chicken, set aside and discard the liquid.

2



COOK AND PURÉE THE POTATOES

Add the diced potatoes to the pot, cover with fresh water and bring to a full boil until very tender. Drain and purée with a blender or immersion blender until completely smooth. Set aside.

3



SAUTÉ THE VEGETABLES

In a large pot, heat the olive oil over medium heat. Add the carrot, onion, celery and bell peppers. Sauté until the onions are translucent. Add the garlic and cook for another minute.

4



SIMMER

Add 2 litres of hot water. Bring to a boil, season with salt and pepper, then reduce to a simmer and cook until the vegetables are tender.

5



ADD THE POTATO PURÉE

Stir the puréed potatoes into the soup until fully combined. Adjust the thickness to your taste by adding more potato purée for a thicker chowder or more hot water for a thinner consistency. Bring back to a boil.

6



ADD THE CHICKEN

While the soup is coming back to a boil, cut the chicken into bite-sized cubes and add it to the pot.

7



ADD PEAS AND CORN

Once the soup is boiling, add the frozen peas and corn. Stir and let it simmer for 10 minutes, until the chicken is fully cooked. Taste and adjust seasoning.

8



SERVE

Ladle the chowder into bowls and top with crispy bacon bits. Add a slice of baguette on the side. Garnish with fresh parsley if desired. Serve hot.