Cream of Chicken Soup (GF)
(MamaKnowsGlutenFree.com)

Ingredients:

2 T. butter
½ t. minced garlic
1 t. onion powder
½ t. salt
1 t. thyme
nutmeg, a pinch - optional, but so good!
6 T. gluten-free all-purpose flour
2 c. chicken broth
2 c. chopped cooked chicken
1 c. milk, can use almond, cashew or coconut milk

Instructions:

1. In a large saucepan, heat butter over medium-high heat; sauté minced garlic until tender.
2. Sprinkle flour, onion powder, thyme over the sauteed garlic.
3. Stir in the chicken broth, salt, pepper, and nutmeg. Stir the mixture until the flour dissolves. Bring the soup to a boil and stir it until thickened (about 2 minutes).
4. Add the chopped cooked chicken to the soup and stir to combine. Reduce the heat to low/simmer and stir in the milk. Simmer, uncovered for about 10-15 minutes. Make sure you stir it occasionally and remove the soup from the heat as soon as it becomes as thick as you want it.
5. Store in an air-tight container for later use or you can freeze it. Let the soup cool completely before freezing it. Leave about an inch of space between the soup and the container's lid when filling it. If you are planning on freezing the soup (not leftovers) don't add the dairy or non-dairy milk, simply add it in when you've reheated the soup.

Notes:

- The recipe for Cream of Chicken Soup makes ~18oz (2 cups) so if you want to use the same amount in a store bought can remove ¾ cup from the prepared recipe. I just usually use 1 cup of the soup in recipes.
- For dairy-free option use Earth or Smart Balance butter and almond, cashew or coconut milk.
- Heat your milk or let it come to room temperature before using to avoid curdling.
- Store in an air-tight container for later use or you can freeze it.
- Let the soup cool completely before freezing it. Leave about an inch of space between the soup and the container's lid when filling it. If you are planning on freezing the soup (not leftovers) don't add the dairy or non-dairy milk, simply add it in when you've reheated the soup.