

3 Minute “Cream of Chicken” Soup

Source: Bob’s Red Mill, recipe off of white bean flour package

Ingredients:

- ½ cup white bean flour
- 3 cups water or chicken broth
- 1 Tbsp chicken base or bouillon
- Salt and pepper to taste
- ½ cup cooked cube chicken, optional

Directions:

1. In a medium sauce pan combine white bean flour, water, and chicken base.
2. Bring to boil, stir well, and then cook for additional 2 minutes over medium to low heat.
3. Pour soup into blender and blend for 1 minute.
4. If desired, add cooked chicken

Note: For creamy sauce or gravy, follow recipe above adding ¼ cup additional water.