



# Garlic & Sour Cream Chicken Soup

Just in time for cold season! A hug in a bowl, this chicken soup puts a spin on the classic with the subtle taste of ginger, the fresh zest of lemon, and the smooth richness of Bison Sour Cream.

Servings	Prep Time	Cook Time	Total Time
4	5m	40m	45m

## Ingredients

- 1 cup Bison Sour Cream, room temperature
- 4 $\frac{1}{4}$  cups water
- 2 medium chicken breasts
- 2 carrots, peeled and chopped in large chunks
- 1 parsnip, peeled and chopped in large chunks
- $\frac{1}{2}$  turnip, peeled and chopped in large chunks
- 2 onions, chopped in large chunks
- 2 eggs, room temperature
- 4 garlic cloves, minced
- 1 tsp salt
- $\frac{1}{4}$  tsp black pepper
- 1 Tbsp parsley, chopped
- 1 tsp lemon juice

## Instructions

1. Remove Bison Sour Cream and eggs from the refrigerator at least one hour prior to cooking soup.
2. In a large pan, add 4 $\frac{1}{4}$  cups of water, chicken breasts, and a pinch of salt. Bring water to a boil.
3. Add carrots, parsnips, turnips, and onions to pan. Cook, uncovered, until tender.
4. Remove chicken breasts from the pan and shred. Also, remove vegetables and cut into smaller cubes.
5. Mix Bison Sour Cream and eggs in a separate bowl. Once smooth, add a ladle of chicken broth from the pan. Whisk mixture and repeat with 3-4 more ladles of broth.
6. Transfer shredded chicken, vegetables, and creamy mixture to the pan with the chicken broth.
7. Add garlic, lemon juice, salt, and pepper. Increase heat and bring to a boil.
8. Once soup boils, remove from heat, add parsley for garnish, and enjoy!

