



# Creamy Chicken Tomato Bisque

## Ingredients

- **Heavy cream**, 3 tablespoons (39 g)
- **Oregano**, 1 tsp (1.8 g)
- **Carrot**, 1 medium (61 g)
- **Chicken broth**, 1 1/2 cups (352.5 g)
- **Avocado oil**, 1 1/2 tablespoon (22.5 g)
- **Onion**, 1 medium (2-1/2' dia) (110 g)
- **Garlic**, 2 (6 g)
- **Ground Oats / Flour**, 3 tablespoons (21 g)
- **Kosher salt**, 1 teaspoon (4.5 g)
- **Chicken**, 3 cup (337.5 g)
- **Canned tomatoes**, 28 oz (793.8 g)



## Instructions

1. In a 6-qt pot over medium-high heat, combine olive oil, carrot, onion and garlic. Cook, stirring occasionally until onion is soft, 6 to 8 min. Stir in ground oats or flour until vegetables are coated, then add tomatoes.
2. Add broth and ½ tsp oregano and stir, breaking up tomatoes. Bring to a boil, reduce heat to a simmer and cook 8 to 10 min.
3. Working in small batches, puree soup in a blender or food processor and transfer back to pot. Stir in cream, salt and chicken and heat through. Season to taste with salt and ground black pepper and serve garnished with remaining oregano.

### Ground Oats\*

Blend oats into a fine powder and stir into the soup for a creamy texture with added fiber.

## Comments

Creamy Chicken Tomato Bisque requires around 40 minutes from start to finish. This recipe serves 5. One serving contains 305 calories, 22g of protein, and 15g of fat. 1 person found this recipe to be yummy

and satisfying. It is brought to you by . Head to the store and pick up kosher salt, canned tomatoes, heavy cream, and a few other things to make it today.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1364.8	78	341.2
Protein [g]	110.1	6.3	27.5
Fat [g]	63.9	3.7	16
Carbs [g]	98.5	5.6	24.6
Fiber [g]	20.1	1.1	5
Net Carbs [g]	78.4	4.5	19.6



Protein Fat Carbs