

# Cream of Chicken and Fennel Soup

Author: Adapted from Sunday Soups by Betty Rosbottom



2 medium fennel bulbs  
 4 cups chicken stock, [I use Penzey's chicken soup base]  
 1 cup water  
 1 1/2 cups carrots, chopped  
 2 cups cooked chicken, diced  
 2 1/2 tablespoons unsalted butter  
 2 1/2 tablespoons all-purpose flour  
 1 1/2 cups half and half  
 2 tablespoons fresh lemon juice  
 2 teaspoons fennel seeds, crushed  
 1 teaspoon kosher salt, or more to taste  
 1 cup fresh snow peas  
 2 tablespoons Italian parsley, minced  
 fennel fronds for garnish (optional)

*Per Serving (excluding unknown items): 412 Calories; 22g Fat (47.8% calories from fat); 28g Protein; 24g Carbohydrate; 6g Dietary Fiber; 112mg Cholesterol; 2791mg Sodium. Exchanges: 1/2 Grain(Starch); 3 Lean Meat; 1 Vegetable; 0 Fruit; 1/2 Non-Fat Milk; 3 1/2 Fat.*

Carolyn T's Tasting Spoons blog:  
<http://tastingspoons.com>

**Description:** The fennel gives it a subtle, but distinctive flavor.

**Notes:** You could also add fresh asparagus to this. The original recipe calls for baby carrots (I used regular ones, chopped). I added more chicken just because I had it, and also added asparagus. Sugar snap peas would probably work well with this instead of snow peas. I also added some chicken stock base (a concentrate) to the stock - to give it a bit more flavor.

1. Cut off stalks from fennel (if attached) and reserve feathery tops for garnish (set aside covered in water to prevent wilting). Halve the bulbs lengthwise; cut out and discard tough cores. Chop enough fennel to yield 1 1/2 cups.
2. Bring 4 cups of chicken stock to a simmer in a large pot set over medium-high heat. Add fennel and carrots, and cook until vegetables are tender when pierced with a knife, about 12 minutes.
3. Drain the fennel and carrots, setting aside about 1 1/2 cups of stock [I used all of the stock]. Put the fennel, carrots and diced chicken in a bowl and set aside.
4. Melt butter in a large, heavy saucepan set over medium-high heat. Add flour and cook, stirring, for 1 minute or less. Gradually whisk in cream and reserved stock. Whisk until mixture thickens slightly and coats the back of a spoon, for 4 minutes or longer. Stir in lemon juice, fennel seeds and salt. Stir in chicken, fennel and carrots. If the soup is too thick, thin it with additional stock as needed. The soup can be prepared to this point a day ahead; cool, cover and refrigerate. Reheat over medium heat.
5. When ready to serve the soup, trim and discard ends from snow peas (removing any strings). Cut the snow peas on the diagonal into thirds. Add them to the soup and cook just until tender, about 2 minutes. Taste soup and season with salt, as needed [I also added freshly ground black pepper].
6. To serve, ladle soup into 4 entree-sized soup bowls. Garnish each with chopped parsley and/or fennel fronds.