

Chicken Cordon Bleu Soup

Ingredients

- 2 tablespoons butter
- 2 tablespoons vegetable oil
- 1 small head cauliflower, coarsely chopped
- 1 medium onion, chopped
- 1 garlic clove, minced
- 3 tablespoons flour
- 2 cups chicken broth
- 2 cups shredded cooked chicken
- 2 cups half-and-half cream
- 1 cup cubed fully cooked ham
- 1 tablespoon Dijon mustard
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 8 ounces Swiss cheese, shredded

Instructions

In a Dutch oven or large saucepan, heat the butter and oil over medium-high heat. Add the cauliflower and onion; cook and stir until crisp-tender, about 8-10 minutes. Add the garlic; cook 1 minute longer. Stir in the flour until blended; gradually whisk in the broth. Bring to a boil, stirring constantly; cook and stir until the cauliflower is tender, about 12-15 minutes.

Turn off the heat and allow the soup to cool slightly. Puree in batches in a blender or food processor; return to the pan. Turn on the heat to medium. Stir in the chicken, half-and-half, ham, mustard, salt, and pepper; stir occasionally until thoroughly heated. Stir in the cheese until melted. Yield: 6 servings.

Please note that the nutrition facts are estimated based on the ingredients and preparation instructions described in the recipe. They are intended to be used for informational purposes only.



Nutrition Facts

Servings: 6

Amount per serving

Calories **541**

% Daily Value*

Total Fat 38g	49%
Saturated Fat 19.1g	95%
Cholesterol 137mg	46%
Sodium 1318mg	57%
Total Carbohydrate 14g	5%
Dietary Fiber 1.8g	6%
Total Sugars 2.7g	
Protein 35.5g	
Vitamin D 19mcg	96%
Calcium 416mg	32%
Iron 2mg	9%
Potassium 581mg	12%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.

Recipe analyzed by **verywell**