

chicken and cream of mushroom soup recipe

Chicken and Cream of Mushroom Soup Recipe: A Comfort Food Classic

chicken and cream of mushroom soup recipe is one of those timeless dishes that brings warmth and coziness to any meal. Whether you're looking for a quick weeknight dinner or a comforting dish to share with family, this combination of tender chicken and creamy mushroom soup creates a harmonious blend of flavors that's both simple and satisfying. In this article, we'll dive into how to make this easy recipe, explore some variations, and share tips to elevate your dish to the next level.

The Heart of the Dish: Why Chicken and Cream of Mushroom Soup Works So Well

Chicken is a versatile protein that pairs beautifully with many sauces and flavors, but when combined with cream of mushroom soup, it transforms into something especially comforting. Cream of mushroom soup acts as a creamy, savory base that adds depth without overpowering the delicate taste of chicken. This soup is often a pantry staple in many households, making this recipe both accessible and budget-friendly.

The creaminess from the mushroom soup provides moisture and richness, which keeps the chicken juicy and tender during cooking. Plus, mushrooms bring an earthy undertone that complements the mild flavor of chicken, creating a balanced and flavorful dish that's perfect for any season.

How to Make a Classic Chicken and Cream of Mushroom Soup Recipe

Ingredients You'll Need

To get started, here's a basic list of ingredients that you'll need to prepare a delicious chicken and cream of mushroom soup meal:

- Boneless, skinless chicken breasts or thighs
- 1 can (10.5 oz) of cream of mushroom soup

- Fresh mushrooms (optional, for added texture and flavor)
- Onion and garlic for aromatics
- Chicken broth or stock
- Butter or olive oil
- Salt, pepper, and herbs like thyme or parsley
- Optional: heavy cream or sour cream for extra richness

Step-by-Step Instructions

1. **Prepare the chicken:** Season the chicken breasts or thighs with salt and pepper. You can also add your favorite herbs for extra flavor.
2. **Sear the chicken:** In a large skillet, heat some butter or olive oil over medium heat. Add the chicken and cook until golden brown on both sides, about 3-4 minutes per side. Remove the chicken and set aside.
3. **Sauté aromatics and mushrooms:** In the same skillet, add diced onions and minced garlic. Cook until fragrant and translucent. If using fresh mushrooms, add them now and sauté until they release their juices and become tender.
4. **Add the cream of mushroom soup:** Stir in the canned soup along with a splash of chicken broth to thin the mixture slightly. Mix well to combine everything.
5. **Return the chicken to the skillet:** Nestle the chicken pieces into the creamy mixture. Reduce heat to low, cover, and let simmer for 15-20 minutes until the chicken is cooked through and tender.
6. **Finish with herbs and seasoning:** Taste the sauce and adjust salt and pepper as needed. Fresh herbs like parsley or thyme lend a bright note to the dish.

Tips to Elevate Your Chicken and Cream of Mushroom Soup Recipe

Use Fresh Mushrooms for Added Depth

While cream of mushroom soup provides a creamy texture and mushroom flavor, adding fresh mushrooms can really enhance the dish. Varieties like cremini, shiitake, or button mushrooms add texture and a more robust mushroom taste that canned soup alone can't offer.

Make Your Own Cream of Mushroom Soup

If you want to avoid canned soup and control the ingredients, making homemade cream of mushroom soup is surprisingly simple. This involves sautéing mushrooms, onions, and garlic, then thickening a broth with a roux made from butter and flour, finished with cream or milk. The homemade version is richer, less salty, and adds a fresh, vibrant flavor to your recipe.

Choosing the Right Cut of Chicken

Both chicken breasts and thighs work well in this recipe. Thighs tend to be juicier and more forgiving if you accidentally overcook them, while breasts offer a leaner option. For a slow cooker version, bone-in thighs can add extra flavor and tenderness over time.

Adding Vegetables for a Balanced Meal

To make the dish more wholesome, consider adding vegetables like carrots, peas, or green beans. These can be stirred in during the last few minutes of cooking or steamed separately and served alongside the chicken.

Variations on the Classic Chicken and Cream of Mushroom Soup Recipe

Chicken and Rice Casserole

One of the most popular variations is transforming this recipe into a comforting casserole. Combine cooked rice, shredded chicken, cream of mushroom soup, and some cheese in a baking dish. Top with breadcrumbs or crushed crackers for a crunchy topping, then bake until bubbly and golden.

Slow Cooker Chicken and Mushroom Soup

For a hands-off approach, place chicken, soup, mushrooms, and broth in a slow cooker. Let it cook on low for 4-6 hours. The slow cooking enhances the flavors and results in incredibly tender chicken.

Chicken and Mushroom Stroganoff

By adding sour cream and serving over egg noodles, you can turn the dish into a creamy chicken stroganoff. This variation is rich and perfect for those who love a hearty, comforting meal with Eastern European roots.

Serving Suggestions and Pairings

Chicken and cream of mushroom soup recipe is versatile when it comes to serving options. You can enjoy it over fluffy mashed potatoes, buttered noodles, or steamed rice. Light sides like a crisp green salad or roasted vegetables help balance the richness of the dish.

For a cozy dinner, pairing with crusty bread or garlic breadsticks is a great choice. The bread soaks up the creamy sauce beautifully and adds a satisfying crunch.

Why This Recipe Is a Pantry Staple for Many

One reason this chicken and cream of mushroom soup recipe is so beloved is its simplicity and accessibility. Canned cream of mushroom soup is a common pantry item that can transform simple ingredients into a flavorful meal quickly. It's also an adaptable recipe that can accommodate dietary preferences or what you have on hand.

It's a go-to recipe for busy weeknights, potlucks, or when you want something hearty but don't feel like spending hours in the kitchen. Plus, the creamy mushroom sauce is a crowd-pleaser loved by kids and

adults alike.

Enjoying this dish offers not only wonderful taste but also a nostalgic reminder of home-cooked comfort food. Whether you keep it classic or experiment with variations, chicken and cream of mushroom soup recipe is sure to become a favorite in your cooking repertoire.

Frequently Asked Questions

What are the main ingredients in a chicken and cream of mushroom soup recipe?

The main ingredients typically include chicken (usually cooked and shredded or diced), cream of mushroom soup, chicken broth, onions, garlic, and seasonings such as salt, pepper, and herbs.

Can I make chicken and cream of mushroom soup from scratch instead of using canned soup?

Yes, you can make a homemade cream of mushroom soup by sautéing mushrooms, onions, and garlic, then adding flour, butter, milk or cream, and seasoning. This homemade soup can be used as a base for the chicken soup for a fresher taste.

Is chicken and cream of mushroom soup recipe suitable for slow cooking?

Absolutely! Chicken and cream of mushroom soup recipes work well in slow cookers. You can combine all ingredients and cook on low for 4-6 hours or on high for 2-3 hours for tender chicken and rich flavors.

What are some popular variations of the chicken and cream of mushroom soup recipe?

Popular variations include adding vegetables like carrots, celery, and peas, using different types of mushrooms, incorporating herbs like thyme or rosemary, or adding noodles or rice for a heartier meal.

How can I make chicken and cream of mushroom soup healthier?

To make it healthier, use low-fat or homemade cream of mushroom soup, substitute heavy cream with milk or a milk alternative, add plenty of vegetables, and use skinless chicken breast instead of dark meat.

Additional Resources

Chicken and Cream of Mushroom Soup Recipe: A Classic Comfort Food Reimagined

chicken and cream of mushroom soup recipe stands out as a quintessential dish that marries simplicity with rich flavor. This combination, often found in home-cooked meals and family gatherings, has garnered widespread appreciation for its comforting texture and savory taste. In this article, we delve into the nuances of this recipe, exploring its culinary significance, ingredient dynamics, and contemporary adaptations that continue to captivate both novice cooks and seasoned chefs alike.

Understanding the Basics of Chicken and Cream of Mushroom Soup Recipe

At its core, the chicken and cream of mushroom soup recipe is a fusion of tender chicken pieces simmered in a creamy, earthy mushroom-based broth. The foundation typically involves a condensed cream of mushroom soup, a pantry staple known for its velvety consistency and umami richness. When paired with chicken, it creates a balanced dish that is both hearty and versatile.

The use of cream of mushroom soup, whether homemade or canned, brings a unique texture that thickens the stew-like preparation without the need for additional thickeners. This aspect makes the recipe appealing for quick meal solutions while maintaining a gourmet profile.

The Role of Cream of Mushroom Soup in Flavor and Texture

Cream of mushroom soup is more than just a flavoring agent; it acts as a culinary binder that integrates the various ingredients into a cohesive dish. Its hallmark creaminess, derived from a blend of mushrooms, cream, and a roux or starch, lends a luxurious mouthfeel. The mushroom component introduces subtle earthiness, which complements the mild taste of chicken.

From a nutritional standpoint, while canned cream of mushroom soup offers convenience, it may contain preservatives and higher sodium levels. Conversely, homemade versions allow for adjustments in seasoning and ingredient quality, enhancing both healthfulness and flavor depth.

Ingredients and Their Impact on the Recipe

A traditional chicken and cream of mushroom soup recipe calls for a few staple ingredients, but variations abound depending on dietary preferences and culinary creativity. Key components include:

- **Chicken:** Often, boneless, skinless chicken breasts or thighs are used for their tenderness and ease of cooking. Thighs provide more flavor due to higher fat content, while breasts cater to leaner diets.
- **Cream of Mushroom Soup:** The star ingredient, available in canned form or made fresh with mushrooms, cream, butter, flour, and broth.
- **Additional Vegetables:** Onions, garlic, celery, and sometimes carrots can enhance the aromatic profile and add nutritional variety.
- **Herbs and Spices:** Thyme, parsley, black pepper, and occasionally a touch of nutmeg or white wine elevate the complexity of the dish.
- **Broth or Stock:** Chicken broth typically serves as the cooking liquid, contributing depth and moisture.

Balancing Convenience and Quality

One of the appealing features of this recipe is its adaptability. Utilizing canned cream of mushroom soup and pre-cooked or rotisserie chicken simplifies preparation, making it suitable for busy weeknights. However, this convenience sometimes comes at the expense of flavor and nutritional value.

Conversely, crafting the cream of mushroom soup from scratch and using freshly cooked chicken enhances the taste profile and allows for control over ingredients such as salt and fat. This approach is favored by those seeking a more artisanal culinary experience or adhering to dietary restrictions.

Cooking Techniques and Variations

The method of preparation significantly influences the final outcome of the chicken and cream of mushroom soup recipe. Common techniques include stovetop simmering, slow cooking, and baking in casseroles.

Stovetop Preparation

Simmering chicken pieces in a mixture of cream of mushroom soup and broth on the stove allows for precise control over texture. This method ensures the chicken remains tender and the soup thickens

evenly. It also facilitates the addition of fresh herbs and vegetables during cooking.

Slow Cooker Adaptation

Slow cooking is a favored method for developing deep flavors with minimal hands-on time. Combining chicken, soup, broth, and seasonings in a slow cooker creates a rich, tender dish after several hours. This approach is particularly suitable for meal prepping and feeding larger groups.

Baked Casserole Versions

In some recipes, the chicken and cream of mushroom soup mixture serves as a base for a baked casserole, often combined with rice, noodles, or potatoes. Topped with cheese or breadcrumbs, this variation offers a crispy contrast to the creamy interior and expands the dish's versatility.

Comparative Analysis: Homemade vs. Store-Bought Cream of Mushroom Soup

A critical consideration in perfecting the chicken and cream of mushroom soup recipe is the choice between homemade and store-bought soup. Each option has distinct advantages and limitations.

- **Homemade Soup:** Offers full control over ingredients, allowing for fresh mushrooms, reduced sodium, and the elimination of preservatives. It yields a fresher taste but requires additional preparation time and culinary skill.
- **Store-Bought Soup:** Provides convenience and consistency, making it accessible for quick recipes. However, it may contain stabilizers, excess salt, and additives that could affect flavor and healthfulness.

From a flavor profile perspective, homemade soup tends to be lighter and more nuanced, while canned versions deliver a creamier, sometimes denser texture. The choice ultimately depends on the cook's priorities regarding time, health, and taste.

Health Considerations and Nutritional Insights

While chicken and cream of mushroom soup recipe offers a comforting dining experience, it is important to consider its nutritional aspects. The dish is typically rich in protein due to the chicken component and provides some vitamins and minerals from mushrooms and added vegetables.

However, the cream-based soup, especially canned varieties, can be high in saturated fats and sodium. For individuals monitoring heart health or sodium intake, modifications such as using low-fat milk or cream alternatives and homemade mushroom sauce can make the dish more diet-friendly.

In addition, incorporating whole grains like brown rice or quinoa as side dishes enhances fiber intake, balancing the meal nutritionally.

Enhancing the Recipe: Tips and Modern Twists

To elevate the traditional chicken and cream of mushroom soup recipe, chefs and home cooks alike have experimented with various enhancements:

- **Incorporating Different Mushrooms:** Varieties such as shiitake, cremini, or porcini add distinctive flavors and textures.
- **Adding Wine or Sherry:** A splash of white wine or dry sherry can deepen the soup's complexity and add subtle acidity.
- **Using Greek Yogurt or Sour Cream:** These alternatives to heavy cream lighten the dish while maintaining creaminess.
- **Fresh Herbs and Spices:** Introducing rosemary, sage, or smoked paprika provides aromatic depth and visual appeal.
- **Vegetable Boosters:** Adding spinach, kale, or peas not only enhances nutrition but also introduces color and freshness.

These variations demonstrate the recipe's flexibility and its capacity to adapt to evolving dietary trends without losing its comforting essence.

Final Thoughts on the Enduring Appeal of Chicken and Cream of Mushroom Soup Recipe

The chicken and cream of mushroom soup recipe remains a beloved culinary staple due to its comforting qualities and adaptability. Whether prepared as a quick weeknight meal or a more elaborate homemade creation, it offers a satisfying balance of flavors and textures. By understanding the role of each ingredient and exploring various cooking methods, cooks can tailor this classic dish to suit their tastes and nutritional needs.

Its enduring popularity is a testament to the recipe's ability to bridge convenience with culinary satisfaction, making it a reliable option across generations and dining preferences.

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Sample Recipes Include:

- Cajun Shrimp and "Grits"
- Sweet Potato Hash with Spicy Hollandaise
- Tomato Basil Soup with Crispy Shallots
- Tex-Mex Style Pork Chops
- Chipotle Shrimp Tacos
- Pasta Bolognese
- Amy's Honey Chipotle Meatballs
- Pineapple Fried "Rice"
- Cider Baked Apples
- Blackberry Peach Upside-Down Cake

Whether you have food allergies, are looking to lose weight, or simply want to achieve optimal health, *The Paleo Cupboard Cookbook* gives you easy ways to eat delicious food, feel great, and experiment with new flavors!

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