

## Little Corporal – Cream of Chicken, Noodle

- 8 cups ( ½ gal.) chicken stock

*(use good quality “paste” according to directions to prepare the stock: Minor’s®; Better Than®; GFS® brand, etc.)*

- 4 TBL all-purpose flour
- 4 TBL margarine\*
- 2 - 4 cups coarsely chopped, cooked chicken meat
- ½ teaspoon salt
- 1 teaspoon ground white pepper
- ½ pound frozen thick egg noodles (Reames® brand is good)
- 2 TBL diced red pepper (use canned) - drained

Make a roux: in a heavy pot, blend margarine\* and flour over medium heat for 10 – 12 minutes. Be careful not to burn this mixture. Add the stock gradually, stirring continuously, until all is incorporated, and allow to come to nearly a boil, stirring often, until thick\*\*. Add the cooked, chopped chicken meat. Let simmer for about 20 minutes, and adjust seasoning (be careful to avoid saltiness). Add cooked noodles, bring soup to nearly a boil once more. Just prior to service, stir in the red pepper.

\*I personally would not use margarine, because of the hydrogenated fats, which are extremely unhealthy – butter or polyunsaturated vegetable oil would be better.

\*\* if the soup is not thick enough for your liking, add a small amount of water/cornstarch “slurry”. Be careful about adding thickeners too quickly, so as not to get it too thick, – roux’s and slurries don’t begin working until the stock is 180 degrees.