

## Creamy Marry Me Chicken Soup: The Ultimate Comfort Food in a Bowl

This recipe strikes a perfect balance between pantry staples and fresh greens:



### TIME

**3 to 4 min**

### PRINT

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### SOURCE

**ChefManiac**

### INGREDIENTS

The Aromatics: 1 ½ cups chopped yellow onion, 4 cloves of garlic (minced), and 3 Tbsp tomato paste.

The "Marry Me" Essentials: ½ cup julienne-cut sun-dried tomatoes (packed in oil), 1 cup heavy whipping cream, and 1 ½ ounces finely shredded Parmesan.

The Base: 2 (32-ounce) packages of chicken broth.

The Hearty Fillers: 2 cups shredded rotisserie chicken, 8 ounces medium shell pasta, and 3 cups fresh baby spinach.

Creamy Finish: 8 ounces cream cheese, cubed and at room temperature.

Spices & Herbs: Fresh basil, kosher salt, dried Italian seasoning, garlic powder, and crushed red pepper.

### DIRECTIONS

- 1. Build the Flavor Base:** In a large Dutch oven, heat 1 tablespoon of the oil from your sun-dried tomato jar over medium heat. Once shimmering, add your onion and garlic. Sauté for 3 to 4 minutes, stirring often, until the onions are soft and fragrant.
- 2. Caramelize the Paste:** Add the tomato paste and the drained sun-dried tomatoes to the pot. Stir constantly for about 2 minutes. You want the tomato paste to darken slightly in color; this "roasting" of the paste removes the raw metallic taste and adds a deep, savory umami layer.
- 3. Simmer the Broth:** Stir in the chicken broth, heavy cream, fresh basil, salt, Italian seasoning, garlic powder, and crushed red pepper. Bring the mixture to a boil over medium heat, which should take about 12 minutes.
- 4. Cook the Pasta:** Add the uncooked shell pasta to the boiling broth and reduce the heat to medium-low. Cook, stirring occasionally, until the pasta is al dente (usually about 12 minutes). Don't overcook it here, as it will continue to soften in the hot broth.
- 5. The Creamy Transformation:** Reduce the heat to low. Stir in the chopped spinach, shredded chicken, cubed cream cheese, and shredded Parmesan. Continue to cook, stirring often, for about 5 minutes until the cheeses are fully melted and the chicken is heated through.
- 6. Garnish and Serve:** Ladle the soup into bowls and garnish with extra Parmesan, fresh basil leaves, and a pinch of red pepper flakes for heat.

## SWAPS & NOTES

**The Pasta:** If you don't have shells, orecchiette or fusilli work wonderfully as substitutes.

**The Spinach:** If you aren't a fan of spinach, kale is a great alternative.

Just be sure to add it a few minutes earlier so the leaves have time to soften.

**Lighten It Up:** You can swap the heavy cream for half-and-half, though the soup will be slightly less decadent.

### TIPS FOR SUCCESS

**Room Temp Cheese:** Ensure your cream cheese is at room temperature before adding it to the pot.

This helps it melt smoothly without leaving tiny white clumps in your broth.

**Salt Control:** Rotisserie chickens and boxed broths vary in saltiness.

Taste your soup after the Parmesan has melted before adding any additional salt.

**More recipes:** [ChefManiac.com](https://chefmaniac.com)

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