

Creamy Chicken Poblano Soup from Joanna Gaines

Adapted slightly from Joanna Gaines



8 tablespoons unsalted butter, [I used less]
2 cups onion, diced
4 stalks celery, chopped
3 carrots, chopped
2 cloves garlic, minced
3 medium poblano chiles
1 1/2 teaspoons kosher salt
1/2 teaspoon freshly ground black pepper
1 teaspoon ground cumin
1/4 teaspoon dried thyme
8 cups low sodium chicken broth (see note below)
2 cups heavy cream
3 cups cooked chicken, shredded cooked chicken breast (home-roasted or rotisserie chicken)
1/4 cup chopped fresh cilantro
Tortilla chips and sliced radishes, for garnish
1 whole avocado, diced, for garnish [my addition]

Per Serving (excluding unknown items): 601 Calories; 46g Fat (66.9% calories from fat); 35g Protein; 16g Carbohydrate; 3g Dietary Fiber; 180mg Cholesterol; 1104mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 8 1/2 Fat.

Carolyn T's Blog: tastingspoons.com

Servings: 7

NOTE: Suggestion: Add about 3/4 of the chicken broth and taste the soup for consistency - next time I would use less broth to make a slightly thicker soup.

1. In a large soup pot, melt the butter over medium-high heat. Add the onion, celery, carrots, garlic, and poblanos and sauté, stirring often, until tender, 12 to 15 minutes. Add the salt, pepper, cumin, and thyme and sauté until caramelized and fragrant, 3 to 5 minutes longer.
2. Add the broth and cream, bring to a simmer, then reduce the heat to medium-low and cook, stirring often, for 15 to 20 minutes to meld the flavors.
3. Use an immersion blender to carefully blend the soup until smooth. (Alternatively, let cool slightly and, working in batches as necessary, process in a stand blender until smooth, filling the blender no more than half full and removing the lid slowly after blending. Pour the soup back into the pot.)
4. Add the chicken and simmer for 15 to 30 minutes to meld the flavors to your liking. Stir in the cilantro.
5. Serve warm, garnished with tortilla strips and sliced radishes and avocado.
6. Store in an airtight container in the refrigerator for up to 3 days or in the freezer for up to 1 month.