

# Green Chile, Chicken and Vegetable Soup

Adapted significantly from an online recipe



## Servings: 8

1. In a large pot heat EVOO, then add onion, celery and poblano peppers. Saute on low for about 10 minutes, then add fresh garlic, chili powder and ground cumin. Continue to cook over low for about 1-2 minutes.
2. Add chicken broth, canned green enchilada sauce, canned chopped green chiles, corn, sweet potato, and squash. Simmer for about 10 minutes or until veggies are just about tender.
3. Add cubed cream cheese and cooked chicken. Stir and simmer for 15-20 minutes, until cream cheese is well incorporated and smooth in the soup. Add salt and pepper to taste.
4. Serve in bowls and top with Monterey jack cheese and chopped cilantro.

- 1 tablespoon EVOO
- 1 large yellow onion, diced
- 1/2 cup celery, diced
- 2 whole poblano peppers, seeded, diced
- 2 garlic cloves, minced
- 1 tablespoon chili powder, or more if you like more heat
- 1 1/2 tablespoons ground cumin
- 29 ounces low-sodium chicken broth
- 30 ounces green enchilada sauce
- 8 ounces diced green chiles, canned
- 2/3 cup frozen corn, or fresh if you have it
- 1 large sweet potato, peeled, diced
- 1 cup butternut squash, diced (or more if desired)
- 8 ounces cream cheese, cubed
- 4 cups cooked chicken, shredded or cubed
- salt and pepper

### GARNISHES:

- Monterey jack cheese and freshly chopped cilantro

Per Serving (excluding unknown items): 428 Calories; 18g Fat (38.0% calories from fat); 44g Protein; 23g Carbohydrate; 4g Dietary Fiber; 129mg Cholesterol; 839mg Sodium; 7g Total Sugars; trace Vitamin D; 100mg Calcium; 4mg Iron; 956mg Potassium; 401mg Phosphorus. Exchanges: .

Carolyn T's Blog: [tastingspoons.com](http://tastingspoons.com)