Chicken Posole, New Mexican

My own recipe with help from a couple of internet recipes



A satisfying stew-like soup with all kinds of Mexican and Southwest flavors

1 1/2 pounds chicken breasts, no skin, no bone, R-T-C, cut in 1/2 inch cubes

2 tablespoons water

1 tablespoon olive oil

1 whole onion, peeled, diced

1 1/2 whole red bell pepper, trimmed, cubed

3 cloves garlic

3 cups water

1 teaspoon chicken bouillon cubes, preferably Penzey's soup base

1 teaspoon cocoa powder

2 tablespoons flour

1 tablespoon chipotle chile canned in adobo, minced

1 tablespoon chili powder

14 1/2 ounces garbanzo beans, canned, drained, or hominy

10 ounces tomato sauce

1 1/2 tablespoons dried oregano, crushed

1/2 cup heavy cream

8 ounces spinach leaves, baby spinach if possible

1 cup canned corn, drained

Chicken

Carolyn T's Blog - Tasting Spoons
http://tastingspoons.com

Servings: 5

1. In a large nonstick skillet or soup pot add the chicken cubes (raw) with the 2 tablespoons of water. Stir frequently and cook until most of the water is gone. Remove lid and increase heat and cook until chicken pieces are lightly browned and cooked through. Remove to a plate and set aside.
2. Into the same pan add the olive oil, then add the onion. Saute until onion has begun to wilt, then add the red bell pepper pieces. Stir a bit and cook for about 2 minutes. Add the garlic and continue stirring for one minute.
3. Add the flour to the chicken pieces and toss until the chicken has absorbed nearly all the flour.
4. Add the water and bouillon cubes (or use chicken stock) and bring to a simmer. Reduce heat, then add the cocoa powder, chile powder, tomato sauce and oregano. Add the canned corn and bring to simmer again. Add the chicken pieces that have been set aside along with the cream. Bring to a simmer again, then add all the spinach leaves and stir in until they're all covered in soup.

Per Serving (excluding unknown items): 466 Calories; 17g Fat (32.3% calories from fat); 39g Protein; 42g Carbohydrate; 9g Dietary Fiber; 116mg Cholesterol; 1019mg Sodium. Exchanges: 2 Grain(Starch); 4 1/2 Lean Meat; 1 1/2 Vegetable; 0 Non-Fat Milk; 2 1/2 Fat.