

LEVEL: INTERMEDIATE

Poblano Chicken Soup

1 HOUR | 140 CALORIES | 11 INGREDIENTS



Quick and hearty soup for cool days.

Ingredients

- 1 tablespoon olive oil
- 1 cup chopped celery
- 4 small green onions, chopped
- 1 cup chopped carrots
- 2 cups cooked, chopped or shredded chicken
- 4 cups chicken broth
- 1 cup sliced Mexican squash
- ½ cup chopped cilantro, additional cilantro sprigs for garnish
- 2 poblano chiles, roasted, seeded and sliced
- Dried oregano for garnish
- 1 lime, sliced into wedges

Step by step

Step 1

1. In a large soup pot, make a sofrito: heat oil first, then add celery, onion and carrots and sauté for 10 minutes.

Step 2

1. Add chicken, chicken broth, squash and cilantro. Bring to a boil; reduce heat. Cover and let simmer for 20 minutes.

Step 3

1. Meanwhile, roast chile poblano in the grill, oven or comal.

Step 4

1. Add squash, cilantro and poblano to the soup. Simmer for 5 minutes more.

Step 5

1. Garnish with additional cilantro, oregano and lime wedges. Serve with small corn tortillas.

Serving Suggestion: Serve with small corn tortillas and frijoles de olla.

Nutrition Information

Total grams per serving: 297 g; Calories 140; Total Fat 6 g (Sat 1.5 g, Trans 0 g, Poly 1 g, Mono 3 g); Cholesterol 40 mg; Sodium 450 mg; Total Carbohydrates 6 g; Dietary Fiber 1 g; Total Sugars 4 g; Protein 15 g; Vitamin D 0 mg; Calcium 28 mg; Iron 1 mg; Potassium 343 mg.
One serving = 1 cup.