

## *Idiot's Kitchen Recipe – Roasted Poblano Chicken Soup*

Recipe from [www.idiotskitchen.com](http://www.idiotskitchen.com) – Adapted from Nikolay Blagov



### Ingredients:

3 pounds chicken pieces on the bone, skinned (I used 1 split breast, 2 legs, & 2 thighs)  
1 large onion, chopped  
2 red bell peppers, chopped  
2-3 cloves garlic, finely chopped  
2 Tablespoons olive oil  
1 teaspoon cumin + more for seasoning chicken  
1 teaspoon sweet paprika  
½ teaspoon (or more to taste) smoked paprika  
4 cups chicken broth, preferably low sodium  
2 cups water  
1 (14 oz) can corn kernels  
4 large poblano peppers, roasted, skins & seeds removed, and chopped  
¼ - ½ cup heavy cream  
1 lime, zest & juice  
¾ cup fresh cilantro, chopped  
Salt & Pepper  
Sour Cream, Corn Chips, or Corn Tortillas for garnish

Sprinkle cumin, sweet paprika, salt & pepper (about 1 teaspoon each) on the chicken pieces and massage the spices into the meat. Let the chicken rest and marinate while you chop the vegetables for the soup.

Heat 2 Tablespoons of olive oil in a large soup pot or dutch oven over medium high heat. Add the chicken and cook about 3 minutes per side until nicely browned. Remove the chicken to a plate. Do not worry that the chicken is not fully cooked, it will finish cooking in the soup. Add the chopped onion and chopped red bell peppers to the pot and sauté 5 minutes until tender but not browned. Add 2-3 cloves of finely chopped garlic, 1 teaspoon cumin, and ½ teaspoon smoked paprika. Cook the spices for 1-2 minutes until highly fragrant. If you like things spicy, add more smoked paprika to taste.

Return the chicken to the pot and add 4 cups of chicken broth and 2 cups water. Bring the pot to a boil, reduce the heat to low, cover and simmer for 30 minutes.

While the chicken cooks, roast 4 large Poblano peppers on an outdoor gas grill or on a tray under the oven broiler until the skin is blackened and blistered on all sides. (Note: you can also roast the peppers in advance.) Place the blackened peppers in a large zip lock bag and steam for at least 10 minutes. Allow the peppers to cool for easier peeling. Remove the blackened peel from the outside of the pepper using your fingers or a paper towel. Do not run the peppers under water. Slice the peeled peppers open, remove any seeds, stems, and inner membranes, and roughly chop the roasted pepper flesh.

After 30 minutes, remove the chicken pieces from the soup and allow them to cool a bit for easier shredding. While the chicken cools, add 1 can of corn kernels and the chopped Poblano peppers to the soup. Using an immersion or regular blender, blend about half of the soup so that it thickens but large, recognizable pieces of the vegetables remain. Remove the cooled chicken from the bones, shred with your fingers, and add it to the pot.

Note: You can make the soup in advance to this point, refrigerate, and reheat when ready. You can also hold the soup on a low burner for up to an hour.

When you are ready to eat, add  $\frac{1}{4}$  -  $\frac{1}{2}$  cup of heavy cream and stir to heat through. For the best texture, once you've added the cream, do not allow the soup to return to a boil. Add the zest and juice from 1 lime and a big handful of freshly chopped cilantro. Season with salt & pepper to taste.

Serve with a dollop of sour cream, corn chips, or warmed corn tortillas for dipping.

Makes 6 -8 servings and is great leftover.