

Chilled Poblano-Cilantro Soup

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Servings: 6

*2 medium poblano peppers
4 tablespoons olive oil, divided
2 pounds green tomatoes, seeded and coarsely chopped, divided
1 medium sweet onion, coarsely chopped, divided
1/4 cup fresh cilantro leaves, divided
1 cup chicken broth (or vegetable broth)
1 ripe avocado, halved, pitted and peeled
1 small jalapeno pepper, halved and seeded
2 tablespoons lime juice
2 cloves garlic
1/2 teaspoon salt
1/4 teaspoon ground black pepper
cilantro sprigs (for garnish) (optional)
lime wedges (for garnish) (optional)*

Preparation Time: 30 minutes

Roast: 20 minutes

Preheat the oven to 425 degrees.

Halve the poblano peppers lengthwise. Remove the seeds and membranes. Brush with one tablespoon of the olive oil. Place the poblano peppers, cut sides down, on a foil-lined baking sheet. Roast in the oven about 20 minutes or until the skins are lightly charred. Wrap the peppers in the foil and let stand for 20 to 30 minutes or until cool enough to handle. Peel off the skin and coarsely chop the peppers until smooth. Transfer to a large bowl.

In a blender or food processor, combine half of each of the poblano peppers, tomatoes, onion and cilantro leaves. Add the broth, avocado, jalapeno pepper, lime juice and garlic. Blend or process until smooth. Transfer to a large bowl.

In the blender or food processor, combine the remaining halves of the poblano peppers, tomatoes, onion and cilantro leaves. Add three tablespoons of olive oil, salt and black pepper. Pulse the blender or food processor to create a finely chopped and chunky mixture. Add the chunky mixture to the bowl. Stir to combine.

Cover and chill for two to four hours or until cold.

If desired, garnish with cilantro sprigs and/or lime wedges.

Per Serving (excluding unknown items): 135 Calories; 9g Fat (58.9% calories from fat); 3g Protein; 12g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 200mg Sodium. Exchanges: 0 Grain(Starch); 2 Vegetable; 0 Fruit; 2 Fat.

Per Serving Nutritional Analysis

Calories (kcal):	135	Vitamin B6 (mg):	.2mg
% Calories from Fat:	58.9%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	34.0%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	7.1%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	9g	Folacin (mcg):	23mcg
Saturated Fat (g):	1g	Niacin (mg):	1mg
Monounsaturated Fat (g):	7g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refused:	0.0%
Carbohydrate (g):	12g	Food Exchanges	
Dietary Fiber (g):	2g	Grain (Starch):	0
Protein (g):	3g	Lean Meat:	0
Sodium (mg):	200mg	Vegetable:	2
Potassium (mg):	425mg	Fruit:	0
Calcium (mg):	31mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	2
Zinc (mg):	trace	Other Carbohydrates:	0
Vitamin C (mg):	88mg		
Vitamin A (i.u.):	1175IU		
Vitamin A (r.e.):	117RE		

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 135 **Calories from Fat:** 79

% Daily Values*

Total Fat 9g	14%
Saturated Fat 1g	6%
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrates 12g	4%
Dietary Fiber 2g	10%
Protein 3g	
Vitamin A	23%
Vitamin C	147%
Calcium	3%
Iron	6%

* Percent Daily Values are based on a 2000 calorie diet.