

Chicken, Poblano and Corn Tortilla Soup

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Servings: 4

*1 large onion, chopped
4 scallions (white & green
parts separated), thinly
sliced
2 poblano chile peppers,
chopped
1 1/4 cups frozen fire-
roasted corn, thawed
3 tablespoons extra-virgin
olive oil
Kosher salt
freshly ground pepper
6 corn tortillas, torn
1 teaspoon ground
coriander
6 cups low-sodium chicken
broth
1 can (10 ounce) diced
tomatoes with green chilies
1 pound skinless/ boneless
chicken breasts
1/4 cup light sour cream*

Preparation Time: 30 minutes

In a large pot over medium-high heat, combine the onion, scallion whites, poblanos, 1/4 cup of corn and the olive oil. Season with a big pinch each of salt and pepper. Cook, stirring occasionally, until the vegetables are tender but not browned, 5 to 7 minutes.

Add the tortillas and coriander. Cook, stirring, until combined, about 1 minute. Add the chicken broth and tomatoes. Bring to a boil. Season the chicken with salt and add to the pot. Reduce the heat to medium. Simmer until the chicken is cooked through, 12 to 15 minutes. Remove the pot from the heat. Remove the chicken to a plate.

Working in two batches, transfer the soup to a blender. Carefully blend until very smooth (the liquid will be very hot). Clean out the pot and return the soup to the pot. Season with salt.

Shred the chicken with your fingers. In a bowl, thin the sour cream with one tablespoon of water. Heat the remaining 1/2 cup of corn in the microwave until just hot, about 30 seconds.

Divide the soup among bowls. Top with the sour cream, chicken, corn and scallion greens.

Per Serving (excluding unknown items): 234 Calories; 15g Fat (44.4% calories from fat); 19g Protein; 23g Carbohydrate; 2g Dietary Fiber; 1mg Cholesterol; 125mg Sodium. Exchanges: 1 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 2 Fat; 0 Other Carbohydrates.