

# CHICKEN POBLANO SOUP

Every week during the cold months I make a huge pot of bone broth. I'm always looking for new soups to make using the broth, and this idea came to me at the end of the summer when our garden had an abundance of poblano peppers. I love these peppers because they give a little kick of heat without being too painful. You should be able to find poblanos year round at your local grocery. If you like it hotter, add a jalapeno or two. If you dare, add a habanero, but don't say I didn't warn you.

## INGREDIENTS

### **3 poblanos**

1 sweet Italian pepper

1 onion, sliced

2 Tablespoons olive oil

2 corncobs, kernels removed, save the cobs

3 garlic cloves, minced

1  $\frac{1}{2}$  teaspoons salt

1  $\frac{1}{2}$  teaspoons fresh ground pepper

$\frac{1}{2}$  teaspoon cumin

2 quarts chicken broth or bone broth

2 cup shredded cooked chicken

blue corn chips, crumbled

$\frac{1}{2}$  cup cotija cheese or queso fresco (grated – large holes)

Sour cream and sliced avocados for garnish

## **PREPARATION**

Heat oven to 400 degrees.

Place a sheet of aluminum foil on a baking sheet. Rinse and dry the peppers. Place the whole peppers on the baking sheet and place in the oven for 40 minutes, turning once. The peppers should blacken. Remove the peppers from the oven and allow to cool. Remove the skins and seeds, rough chop the remaining peppers, and set aside.

In a medium sized pot, heat olive oil. Add onion and sauté for 6-7 minutes until they start to brown. Add the corncobs and peppers, sauté for 2 more minutes. Add in garlic cloves, sauté for 1 more minute.

Add the salt, pepper, and cumin and stir ingredients. Add chicken broth. Bring to boil, then simmer for ten minutes.

Remove and discard the corncobs. Using an immersion blender, purée the soup. Re-season to taste.

Add in the cooked chicken and the corn kernels and continue to simmer for 15 minutes.

To serve, ladle soup into bowls. Garnish with crumbled blue corn chips, cheese, a dollop of sour cream, and 3-4 slices of avocado in each bowl.