



Chicken and Corn Soup with Chile-Mint Salsa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



485 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 bay leaves
- ☐ 5 peppercorns whole black
- ☐ 1 medium carrots chopped
- ☐ 1 celery stalk chopped
- ☐ 8 servings sea salt (such as Maldon)
- ☐ 4 ears of corn husked
- ☐ 1 cup mint leaves fresh loosely packed chopped ()
- ☐ 1 head garlic halved

- ☐ 2 garlic cloves coarsely chopped
- ☐ 4 jalapeños
- ☐ 2 teaspoons kosher salt plus more
- ☐ 2 limes cut into wedges
- ☐ 3 quarts low-salt chicken broth
- ☐ 3 tablespoons olive oil
- ☐ 1 medium onion halved lengthwise
- ☐ 1 small onion red thinly sliced
- ☐ 1 large tomatoes salted diced
- ☐ 8 servings tortilla chips
- ☐ 3 pound meat from a rotisserie chicken whole

Equipment

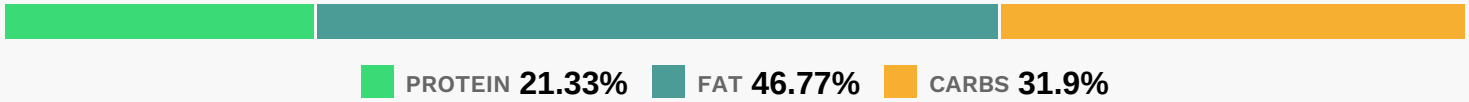
- ☐ bowl
- ☐ knife
- ☐ pot
- ☐ sieve
- ☐ broiler
- ☐ cutting board

Directions

- ☐ Char chiles over a gasflame or under a broiler, turning occasionally,until blackened all over (this adds a smokyflavor and makes the skins easy to remove).
- ☐ Let cool. Using a small knife, scrape skinfrom chiles; discard. Coarsely chop chiles(for a milder salsa, discard seeds).
- ☐ Make a paste by mincing garlic and1 teaspoon salt on a work surface, scraping withthe side of knife occasionally.
- ☐ Add chilesand finely chop, then add mint and finelychop.
- ☐ Transfer to a bowl; stir in oil. Seasonwith more salt, if desired. DO AHEAD: Salsacan be made 1 day ahead. Cover; chill.Return to room temperature before using.

- ☐ Place chicken and broth in a large heavy pot.
- ☐ Add water just to cover chicken. Bring to a simmer over high heat, skimming the surface occasionally (foam can add bitter flavors to soup; discard it as you skim). Reduce heat to medium-low; simmer, continuing to skim surface occasionally, for 5 minutes.
- ☐ Add corn cobs, halved onion, garlic, carrot, celery, peppercorns, bay leaves, and 2 teaspoons salt. Reduce heat to low and simmer until breast meat is just cooked through, 15–20 minutes.
- ☐ Transfer chicken to a cutting board; let cool slightly.
- ☐ Cut off breast meat; set aside (cooking breast meat longer will make it tough). Return chicken to pot. Simmer over low heat until legs and thighs are cooked through, about 20 minutes longer.
- ☐ Remove pot from heat.
- ☐ Transfer chicken to a platter; let cool slightly. Strain broth through a fine-mesh sieve into another large pot; discard solids. Shred all chicken meat, discarding skin and bones.
- ☐ Bring strained broth to a simmer.
- ☐ Add corn kernels and cook until heated through, about 3 minutes.
- ☐ Add red onion; cook until crisp-tender, about 5 minutes.
- ☐ Add chicken; simmer, stirring occasionally, until heated through, about 5 minutes. Season with salt.
- ☐ Divide soup among warm bowls.
- ☐ Garnish with tomato and tortilla chips. Squeeze lime wedges over; add wedges to soup.
- ☐ Serve, passing chile-mint salsa and sea salt alongside.

Nutrition Facts



Properties

Glycemic Index:40.85, Glycemic Load:1.94, Inflammation Score:-9, Nutrition Score:19.621304548305%

Flavonoids

Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg Hesperetin: 7.77mg, Hesperetin: 7.77mg, Hesperetin: 7.77mg, Hesperetin: 7.77mg Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg Luteolin: 0.83mg,

Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 6.23mg, Quercetin: 6.23mg, Quercetin: 6.23mg, Quercetin: 6.23mg

Nutrients (% of daily need)

Calories: 485.48kcal (24.27%), Fat: 26.31g (40.48%), Saturated Fat: 5.86g (36.64%), Carbohydrates: 40.38g (13.46%), Net Carbohydrates: 35.78g (13.01%), Sugar: 6.24g (6.94%), Cholesterol: 61.24mg (20.41%), Sodium: 1048.4mg (45.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.99g (53.98%), Vitamin B3: 11.94mg (59.7%), Vitamin A: 1991.26IU (39.83%), Phosphorus: 361.34mg (36.13%), Vitamin C: 26.29mg (31.87%), Vitamin B6: 0.57mg (28.63%), Potassium: 836.47mg (23.9%), Selenium: 14.11µg (20.16%), Magnesium: 74.06mg (18.52%), Fiber: 4.6g (18.42%), Copper: 0.35mg (17.32%), Vitamin B2: 0.29mg (17.26%), Vitamin E: 2.49mg (16.62%), Manganese: 0.32mg (16%), Vitamin B5: 1.58mg (15.77%), Iron: 2.82mg (15.65%), Zinc: 2.27mg (15.11%), Vitamin K: 15µg (14.29%), Vitamin B1: 0.21mg (13.68%), Folate: 47.27µg (11.82%), Vitamin B12: 0.61µg (10.13%), Calcium: 93.92mg (9.39%), Vitamin D: 0.16µg (1.09%)