



Jimtown Chicken Sopa

READY IN



180 min.

SERVINGS



8

CALORIES



843 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 7 ounce chiles green drained chopped canned
- ☐ 3 tablespoons canola oil for frying
- ☐ 1 Sprigs cilantro leaves fresh for serving, optional
- ☐ 24 6-inch corn tortillas
- ☐ 2 teaspoons cumin freshly ground toasted
- ☐ 1.5 tablespoons cilantro leaves fresh chopped
- ☐ 1.5 cups cilantro leaves fresh
- ☐ 1 clove garlic peeled chopped
- ☐ 5 cloves garlic chopped

- ☐ 2 tablespoons green onion finely chopped
- ☐ 8 servings kosher salt
- ☐ 2 cups chicken broth reduced-sodium
- ☐ 3 cups monterrey jack cheese shredded
- ☐ 1.5 teaspoons oregano dried fresh chopped
- ☐ 6 poblano chiles
- ☐ 6 cups roasted chicken shredded from a 3-pound bird
- ☐ 2 to 3 serrano chiles fresh stemmed
- ☐ 3 cups sharp cheddar cheese shredded
- ☐ 0.5 cup cup heavy whipping cream sour plus more for serving
- ☐ 8 servings sugar
- ☐ 1 pound tomatillos husked rinsed
- ☐ 3 cups onion yellow finely chopped
- ☐ 4 teaspoons onion yellow finely chopped

Equipment

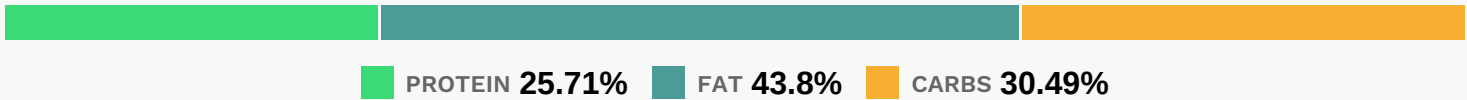
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ broiler
- ☐ spatula
- ☐ tongs
- ☐ glass baking pan

Directions

- ☐ Over an open flame gas burner or under a preheated broiler, roast the poblanos, turning them occasionally, until the skins are lightly but evenly charred. Steam the poblanos until cool in a closed paper bag. Rub away the burned skins, slit the poblanos open along one side and discard the seeds. Open each poblano out flat.
- ☐ In a small, heavy skillet over low heat, toast the oregano, stirring often, until it is fragrant and lightly browned, about 5 minutes.
- ☐ Remove and cool.
- ☐ In a medium skillet over moderate heat, warm 3 tablespoons oil.
- ☐ Add the onions, garlic, cumin and cooled oregano. Cover and cook, stirring once or twice, until almost tender, about 10 minutes.
- ☐ Add the stock, salsa verde, chiles and 2 teaspoons salt. Bring to a simmer, then lower the heat, partially cover, and cook, stirring once or twice, until slightly thickened, about 20 minutes.
- ☐ Remove from the heat and cool. Stir in the cilantro. Set aside 4 cups of this sauce. In a medium bowl, stir the remaining sauce into the chicken.
- ☐ In a medium skillet, warm 1 cup oil. When it is hot but not smoking, fry the tortillas, 1 at a time, turning them once with tongs, until they are flexible; do not allow them to become crisp.
- ☐ Drain the tortillas on paper towels.
- ☐ Position a rack in the middle of the oven and preheat to 425 degrees F. Lightly coat a rectangular 9 by 13-inch glass baking dish, or any attractive ovenproof serving dish, with nonstick spray or canola oil.
- ☐ Arrange 8 of the tortillas in an overlapping layer in the bottom of the dish.
- ☐ Spread half the chicken mixture evenly over the tortilla layer. Top with 8 more tortillas, overlapping them as necessary.
- ☐ Sprinkle 1/2 the Monterey Jack and 1/2 the Cheddar over the tortillas.
- ☐ Spread the remaining chicken mixture over the cheese. Arrange the poblanos in a layer over the chicken, overlapping them if necessary.
- ☐ Spread the reserved 4 cups sauce over the poblanos. Arrange the remaining 8 tortillas over the sauce. With a spatula, spread the sour cream over the tortillas. Top with the remaining Jack and Cheddar cheeses.
- ☐ Bake until the top is lightly browned and the sopa is bubbling, about 45 minutes.
- ☐ Let rest on a rack about 5 minutes before serving.

- ☐ Serve the sopa hot, topping each portion with a dollop of sour cream and a sprig of cilantro, if desired.
- ☐ Bring a saucepan of water to a boil.
- ☐ Add the tomatillos and serranos, lower the heat, and simmer until tender, about 10 minutes.
- ☐ Drain and cool in ice water. Core the tomatillos.
- ☐ In a blender, combine the tomatillos, half of the cilantro leaves, serranos, onions, garlic and 1/2 teaspoon salt. Puree on low speed for 30 seconds. Scrape down the sides of the blender jar and puree again until smooth.
- ☐ Transfer to a bowl. Finely chop the remaining 3/4 cup cilantro. Stir the cilantro and green onions into the salsa. Adjust the seasoning, adding salt to taste and stirring in up to 1 teaspoon sugar, to taste, if the salsa seems bitter. Use immediately, or refrigerate for up to 3 days.

Nutrition Facts



Properties

Glycemic Index:54.57, Glycemic Load:25.6, Inflammation Score:-9, Nutrition Score:37.426956415176%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 4.28mg, Luteolin: 4.28mg, Luteolin: 4.28mg, Luteolin: 4.28mg Isorhamnetin: 3.06mg, Isorhamnetin: 3.06mg, Isorhamnetin: 3.06mg, Isorhamnetin: 3.06mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 16.57mg, Quercetin: 16.57mg, Quercetin: 16.57mg, Quercetin: 16.57mg

Nutrients (% of daily need)

Calories: 843.28kcal (42.16%), Fat: 41.69g (64.13%), Saturated Fat: 20.3g (126.87%), Carbohydrates: 65.28g (21.76%), Net Carbohydrates: 55.87g (20.32%), Sugar: 20.71g (23.01%), Cholesterol: 167.32mg (55.77%), Sodium: 968.71mg (42.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.04g (110.09%), Vitamin C: 94.13mg (114.09%), Phosphorus: 927.01mg (92.7%), Calcium: 762.67mg (76.27%), Selenium: 50.4µg (72%), Vitamin B3: 12.16mg (60.78%), Vitamin B6: 1.06mg (52.9%), Vitamin B2: 0.68mg (40.24%), Zinc: 6.01mg (40.04%), Fiber: 9.41g (37.66%), Magnesium: 135.39mg (33.85%), Manganese: 0.65mg (32.52%), Vitamin A: 1580.15IU (31.6%), Vitamin K: 31.69µg (30.18%), Potassium: 995.57mg (28.44%), Iron: 4.46mg (24.78%), Vitamin B12: 1.19µg (19.91%), Copper: 0.39mg (19.64%), Vitamin B1: 0.28mg (18.57%), Vitamin B5: 1.73mg (17.27%), Folate: 68.81µg (17.2%), Vitamin E: 1.63mg (10.88%), Vitamin D: 0.51µg (3.39%)