



Poblano Soup

READY IN



90 min.

SERVINGS



6

CALORIES



296 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 avocado cut into cubes
- ☐ 4 tablespoon butter
- ☐ 3 cup chicken broth
- ☐ 0.5 teaspoon chili powder
- ☐ 2 6-inch corn tortillas plus more for serving on the side ()
- ☐ 3 tablespoon flour
- ☐ 1 clove garlic minced peeled
- ☐ 1 teaspoon ground cumin
- ☐ 6 servings monterrey jack cheese shredded

- ☐ 1 onion diced finely
- ☐ 0.5 teaspoon pepper
- ☐ 0.3 cup meat from a rotisserie chicken (shredded cooked per person)
- ☐ 0.3 cup heavy whipping cream (sour)
- ☐ 2 tablespoon vegetable oil

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot

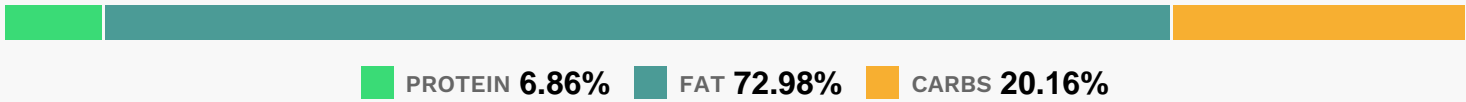
Directions

- ☐ Slice the tortillas into thin ribbons then place them in a food processor. Pulse them until uniformly chopped. Then add the flour, chili powder, cumin, salt, and pepper. Blend continuously until it is the consistency of cornmeal.
- ☐ Place oil in stockpot set over medium-high heat.
- ☐ Add the onion, poblano pepper, jalapeno pepper (if using) and garlic. Turn the heat down to medium and saut  until the onion is transparent 6-8 minutes.
- ☐ Add tortilla-flour mixture to the pan stirring until well combined.
- ☐ Add butter and let it melt. Then mix to form a roux-like chunky paste. Cook 4-5 minutes stirring constantly with a whisk-. You want to get out any raw flour taste. But do not let mixture burn. Once a thick chunky paste has formed stir, slowly adding the   of the broth and scraping down sides and bottom as you work. After half of the broth has been added continue to stir until you are sure all the powder are well incorporated. Then add the remaining broth and raise the temperature to bring the soup to a boil.
- ☐ Add the corn cob-ettes (if using) and let them boil about 1-2 minutes. Lower the heat to medium low and allow the soup to come to a simmer. Then add sour cream, and cook an additional 7-10 minutes. But do not allow the soup come to a boil. Turn off heat and let cool a bit. This soup is best served warm, but not hot.
- ☐ Garnish with shredded cheese and avocado.

☐

Serve the chicken on the side to be added to the bowl as each diner sees fit.

Nutrition Facts



Properties

Glycemic Index:56.08, Glycemic Load:4.69, Inflammation Score:-6, Nutrition Score:10.070000054072%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg

Nutrients (% of daily need)

Calories: 296.45kcal (14.82%), Fat: 25.16g (38.7%), Saturated Fat: 8.26g (51.63%), Carbohydrates: 15.63g (5.21%), Net Carbohydrates: 10.04g (3.65%), Sugar: 2.17g (2.42%), Cholesterol: 33.34mg (11.11%), Sodium: 522.09mg (22.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.32g (10.65%), Vitamin K: 23.79µg (22.66%), Fiber: 5.59g (22.37%), Folate: 66.5µg (16.62%), Vitamin E: 2.17mg (14.45%), Manganese: 0.27mg (13.62%), Vitamin B2: 0.22mg (12.99%), Vitamin B6: 0.26mg (12.77%), Potassium: 434.82mg (12.42%), Vitamin B3: 2.31mg (11.55%), Vitamin B5: 1.1mg (10.98%), Phosphorus: 104.47mg (10.45%), Vitamin C: 8.33mg (10.09%), Copper: 0.18mg (9.22%), Vitamin A: 458.34IU (9.17%), Magnesium: 34.02mg (8.51%), Vitamin B1: 0.13mg (8.36%), Selenium: 4.79µg (6.84%), Iron: 1.13mg (6.29%), Zinc: 0.87mg (5.81%), Calcium: 49.92mg (4.99%), Vitamin B12: 0.08µg (1.41%)