

Poblano Chicken Chowder

Susan Price, MG

Ingredients

1/4 cup olive oil
3 large carrots, cut into 1/2-inch dice
2 large onions, cut into 1/2-inch dice
5 stalks celery, cut into 1/2-inch pieces
1/8 cup minced garlic
2 to 3 small poblano peppers, seeded
and cut into 1/2-inch dice
(okay to use canned diced green chilies)
1 tsp. salt
1/2 tsp. pepper
1/4 tsp. ground cumin, or more to taste
1/4 tsp. dried thyme, or more to taste
1 Tbs. chicken bouillon granules
3 quarts chicken broth
3 cups diced (large pieces) grilled chicken or turkey
1/2 cup (1 stick) unsalted butter
1 cup all-purpose flour
1/2 teaspoon hot sauce, or more to taste
1 cup heavy cream (can leave out for a low-fat version)
1/2 bunch fresh cilantro leaves, minced (optional)

Great with leftover
Thanksgiving turkey.

Directions:

1. Heat the oil in a large stockpot over medium heat. Add the carrots, onions, celery, garlic, poblano peppers, salt, white pepper, cumin, and thyme. Saute for 7 to 8 minutes or until the vegetables begin to soften.
2. Stir in the chicken bouillon. Add the chicken broth and cook for 10 to 12 minutes, or until the carrots are tender.
3. Stir in the chicken and cook, stirring frequently, until the chowder is thick and the chicken is heated through.

4. Shortly before the chowder is done, melt the butter in a large skillet over medium heat. Add the flour and stir to combine. Cook, stirring frequently, for 3 to 4 minutes to cook the flour. Do not allow the mixture to brown!
5. Ladle 1 cup of the hot liquid from the stockpot into the skillet, whisking constantly.
6. When the first cup of liquid is incorporated, add another 2 cups of liquid, 1 at a time. Whisk to avoid lumps.
7. Pour the mixture in the skillet into the stockpot, whisking to blend. Cook, stirring frequently, for 3 to 5 minutes longer, or until the mixture begins to thicken. Remove the pot from the heat. Stir in the hot sauce, then add the cream.
8. Top with cilantro (if desired) and serve.

Yield: 12 to 16 servings