Roasted Poblano Soup



5 from 9 votes

Roasted Poblano Soup *is a creamy, mildly spicy dish featuring smoky poblano peppers blended with tender chicken, garlic, onions, potatoes, and a touch of cream. It's a comforting, flavorful soup perfect for chilly evenings and one the whole family will love!*

Course	Main Dish, Soup
Cuisine	American, Mexican
Keyword	poblano chicken soup, roasted poblano soup
Prep Time	40 minutes
Cook Time	30 minutes
Total Time	1 hour 10 minutes
Servings	5 servings
Calories	496kcal
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Ingredients

- 1-2 Tablespoons olive oil
- 3 medium poblano peppers - halved and seeds removed
- 1/4 cup unsalted butter
- 1 medium white onion - chopped
- 1 cup celery - chopped
- 1 ½ cups baby gold potatoes - chopped
- 3 cloves garlic - minced
- 1 teaspoon ground cumin
- 2 teaspoons red pepper flakes
- kosher salt and freshly ground black pepper - to taste
- 5 cups lower-sodium chicken broth - or more
- 1 ½ - 2 pounds boneless, skinless chicken breasts - cut into chunks
- 1 cup heavy cream
- 1/4 cup cilantro - minced

Instructions

Several readers have added black beans, white beans, or fresh corn to bulk this soup up even more. You might want to try it too.

1. **Roast poblanos.** Preheat oven to 450 degrees F. Slice poblanos in half, remove seeds, and place skin side up on a large baking sheet. Drizzle olive oil over the tops of the peppers, and roast in the oven for 20 minutes or until slightly charred on top.

   Remove peppers to cool slightly. Then peel the skin off the peppers, remove stems, and discard both. Chop peppers and set aside.

   3 medium poblano peppers, **1-2 Tablespoons olive oil**

2. **Sauté veggies.** Heat a stock pot over medium heat. Add butter and then onions, celery, and potatoes – and cook until slightly softened, about 9-10 minutes. Add garlic and seasonings (ground cumin, red pepper flakes, salt, and pepper) and cook for another minute.

   1/4 cup unsalted butter, **1 medium white onion**, **1 cup celery**, **1 ½ cups baby gold potatoes**, **3 cloves garlic**, **1 teaspoon ground cumin**, **2 teaspoons red pepper flakes**, **kosher salt and freshly ground black pepper**

3. **Add broth.** Then add chicken broth, diced poblano peppers, and bring to a boil.

   5 cups lower-sodium chicken broth

4. **Add chicken.** Add the large chunks of chicken to the soup, reduce heat, and simmer for approximately 10 minutes or until a digital thermometer reads 160 degrees (allowing for a little carry-over cooking).

   Then use a tongs to remove the chicken and let rest for 5 minutes before chopping or shredding.

   1 ½ - 2 pounds boneless, skinless chicken breasts

5. **Blend.** Use an immersion blender to blend the soup (without the chicken) for a few seconds. You can leave some of the chunks (we do!), if desired.

6. **Add chicken and cream.** Add the cooked chicken (shredded or chopped) cilantro, and heavy cream, and stir. Simmer over low heat for a few minutes or until soup is piping hot. If soup seems too thick, add extra broth or cream.

   1 cup heavy cream, **1/4 cup cilantro**

7. **Serve.** Serve poblano soup with some extra cilantro and freshly ground black pepper. You can also add tortilla strips, avocado, and cheese if desired.

Notes

- **NOTE ON CHICKEN.** You can either use rotisserie chicken, roasted chicken from your own kitchen, or cook it directly in the soup as the instructions state.
- Roasting the poblanos is KEY to the flavor of this soup. I highly recommend.

- Store leftover soup in an airtight container in the refrigerator for 3-4 days. Reheat in microwave until hot.
- Freeze leftover cooled soup in a large freezer bag. Lay bag flat in your freezer for up to three months.

Nutrition

Calories: 496kcal | Carbohydrates: 24g | Protein: 28g | Fat: 33g | Saturated Fat: 18g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 10g | Trans Fat: 0.4g | Cholesterol: 136mg | Sodium: 228mg | Potassium: 1129mg | Fiber: 4g | Sugar: 5g | Vitamin A: 1664IU | Vitamin C: 76mg | Calcium: 87mg | Iron: 2mg

Recipe from SueBeeHomemaker.com