

Feel Better Chicken Poblano Soup



Prep: 45 Minutes

Cook Time: ~6 Hours

Serves 8-10 people

Ingredients

- 1.5 lbs boneless skinless chicken breast
- 2 poblano peppers
- ½ of a White Onion
- 8 Garlic cloves
- 1 10oz Can Corn (whole kernel or creamed)
- 1 10oz Can white beans
- 1 5oz Can green chilis
- 3 Cups chicken broth
- 1 Lime, juiced
- 1 tbsp Cumin
- 1 tbsp dried Cilantro (or ¼ cup fresh chopped)
- ½ tsp complete seasoning
- 2 tsp onion powder

- 1 tsp garlic powder Cream cheese (optional for serving)
- Salt and Pepper

Preparation

1. Dice your poblano peppers and onion, to about the same size as your beans. If you have small beans, dice your peppers to match them. Meeting the beans is key.



Then peel and dice your garlic to match (or mince if you prefer).

2. If using prepared chicken broth, add directly to your crockpot. If preparing your chicken broth, be sure your bouillon dissolves completely before adding to your crockpot. Then add your veggies.
3. Add your canned beans, corn, chilies, and the juice of one lime. Add your seasonings and a whole lot of love (you're trying to heal your sick family).
4. Slice chicken breasts into strips for even cooking and lay in a single layer in the crockpot.
5. Set crockpot to 5 hours on low. After the 5 hours, remove chicken and shred before returning it to the pot. Set on high for remaining 1 hour.
6. Optional - add as much or as little cream cheese as you'd like for a creamier soup

base. If anyone in the house has post-nasal drip or a bad cough, leave out the cream cheese or add separately to bowls.

Notes, Tips & Tricks

If you're lucky this winter season, and didn't get sick, we recommend making this with a side of cornbread or Spanish rice, heck, why not both! Having a little extra today means you don't have to make lunch for tomorrow

Regarding the canned chilis, if you're not a fan of the can, 2 serrano peppers are a great alternative. Know this, by using fresh peppers you're introducing some extra spice. Chris & I love the fresh pepper over canned but that's a personal preference.

Millennial

