

A recipe from

DAD'S CHILE COOKBOOK



Heat Rating:



Southwestern Poblano Soup

Adapted from dish served at Cool River Restaurant, Austin, TX

Poblano chiles are best known through the dish called Chiles Rellenos. They're a lot more versatile than simply as stuffing shells, as this soup shows...

2 Tbsp light olive oil
½ cup Poblano chiles, diced
½ cup carrots, diced
½ cup celery, diced
½ Tbsp minced garlic
2 Tbsp flour
2 can (15 oz) low-sodium chicken broth
2 tsp Tabasco chile sauce
1 bay leaf
1 pt heavy cream
kosher salt and freshly ground white pepper

Heat oil over medium-high heat in a large saucepan. Add Poblanos, carrots, celery and garlic. Sauté veggies until softened a bit, then add flour. Mix well; reduce heat to medium and cook, with stirring, until flour develops an almond color and flavor (a white roux). Heat water and add chicken broth slowly to flour and veggie mix, stirring briskly. Add Tabasco and bay leaf. Simmer soup for 10 minutes. Add heavy cream and bring to a simmer. Season to taste, remove bay leaf and serve with tortilla strips and shredded Mexican Blend cheese.

Yield: Three to four servings

Preparation time: 15 minutes

Cooking time: 25 minutes

