

Mexican Chicken and Rice Soup

May 1st, 2021

This recipe serves: 4

Prep Time: 00:15

Cook Time: 01:00

It seems like good Latino food always begins with Sofrito, a flavorful sauce base that is traditionally made by mincing Garlic, Onion, and Pimientos Verde (Green Bell Pepper). I like to further accentuate this soup with fresh Cilantro with fresh Lime. This soup includes a single chopped Jalapeño pepper to provide just a hint of heat. I prefer to use Chicken Thighs over Chicken Breasts as the dark meat is typically more flavorful and juicier when poached. Serving the soup over a pile of Rice makes this into a hearty meal.

Ingredients:

2 Tablespoon Olive Oil

Sofrito containing:

1 Large Green Bell Pepper

1/2 Medium Yellow Onion

4 Cloves (2 Teaspoons) Garlic, finely minced or 1/2 Teaspoon Garlic Powder

6 Cups Chicken Stock or Mire Poix

1.5 Pound Chicken Breast or Chicken Thighs, with skin, fat, and bones removed

1 Ounce Cilantro, chopped and divided in half

1 Teaspoon Cumin Powder

1 Jalapeño (or more to taste), seeds and pith removed, oven roasted and chopped

2 large Roma Tomatoes, oven roasted and diced

2 large Tomatillos, oven roasted and diced

1 Pinch Kosher Salt

1 Lime, juiced (2 Tablespoons or 1 fluid ounce)

4 Servings Long Grain Rice

Directions:

Prepare the Bell Pepper, Onion, and Garlic to make the Sofrito. Mix in a blender or food processor until fully minced.

If using a Saucepan...

In a 5 quart sauce pan, add the Olive Oil and sweat the Sofrito over medium heat for a few minutes to activate the aroma.

Stir in the the Chicken Stock, the Chicken Meat, the Cumin, and half of the Cilantro.

Cover the pot and bring to a rolling boil.

Remove the lid and reduce the heat to a low simmer for about 10 minutes.

Replace the lid and remove from heat. Let sit for another 30 to 45 minutes.

If using an Instant Pot...

In a large (5 quart+) Instant Pot, sauté the Sofrito for a few minutes to activate the aroma.

Add the Chicken Stock, the Chicken Meat, the Cumin, and half of the Cilantro.

Seal the lid and set on Manual with the timer set for 10 minutes and pressurize the Instant Pot.

After the timer completes, allow the pressure to release naturally for 15 minutes, then manually release and open the Instant Pot.

Set the Instant Pot back to sauté

Meanwhile, use the broiler to oven-roast the Jalapeño, Tomatoes, and the Tomatillos.

In a separate pot, prepare 4 servings of Long Grain Rice.

Remove the Chicken, shred it, then return it to the soup pot.

Chop the roasted Jalapeño, roasted Tomatoes, and the roasted Tomatillos. Add the mixture into the soup pot. Stir in the Salt, the rest of the chopped Cilantro, and the Lime Juice.

Pack 1 serving of Rice into a small cup. Carefully turn the cup of Rice into the bottom of each bowl, providing a shaped pile of Rice in each bowl. Cover the Rice with Soup, ensuring that you include the hearty bits.

Serve with a handful of Tortilla Chips.