

Wheat's Mexican Chicken Soup

Ingredients

4 breasts	Chicken, boneless, cooked and shredded (or the meat from one rotisserie chicken, or 8 chicken tenderloins)
3 tbsp	Butter
4 cloves	Garlic, minced
1 medium	Onion, finely chopped
2 tbsp	All-purpose flour
1 carton (32 oz)	Chicken broth
4 cups (32 oz)	Half & Half
2 cups (16 oz)	Prepared salsa, medium
1 can (15 oz)	Black beans, drained
1 can (15 oz)	Light red kidney beans, drained
1 can (15 oz)	Dark red kidney beans, drained
1 can (15 oz)	Corn, whole kernel, drained
1/2 cup	Sour cream
1 Tbsp	Cumin, ground
4 tsp	Chili powder
2 tsp	Paprika
2 tsp	Brown Sugar
2 tsp	Oregano
2 tsp	Salt
1/2 tsp	Cayenne Pepper
1 tsp	Black pepper

Prepping the Chicken

Note: you can boil the chicken or use rotisserie chicken. But, if you have a stand mixer, this is the way.

1. Heat a few tablespoons of oil over medium heat in a frying pan with a lid. Leave the lid off, for now.
2. Salt and pepper the chicken breasts, then add them to the pan.
3. Cook for 4 minutes on each side.
4. Add chicken broth to pan—about 1/3 to 1/2 the height of the chicken—and cover.
5. Cook chicken in broth, covered, for 5-8 minutes (longer for super-thick breasts).
6. Remove chicken from the pan. Rest on a plate or pan, 3 minutes.
7. Place cooked chicken breasts in the mixing bowl of a stand mixer with flat beater attached.
8. Mix on low for 2-3 minutes until chicken is shredded.

Preparing the Other Ingredients

1. Chop onion. Set aside.
2. Mince garlic. Set aside.
3. Combine dry spices into a bowl. Set aside.
4. Open all cans. Drain beans and corn.
5. Get all your other ingredients handy and measured

The Actual Cooking

1. Melt butter in a large pot over medium heat, careful not to burn it.¹
2. Add onion, stirring frequently, about 4 minutes.
3. Once onion is mostly transparent/nearly done, add garlic, stirring frequently, about 1 minute.
4. Add flour, stirring rapidly, about 1 minute.
5. Add broth, half-and-half, sour cream, and spices.
6. Add beans, corn, salsa, and chicken.
7. Stir frequently until soup starts to simmer, then more-or-less constantly while simmering for 15 minutes.
8. Remove from heat.

Garnish & Presentation

Serve in a cup or bowl with a dollop of sour cream and a sprinkle of minced jalapeño.

¹ On my stove, one setting lower than medium works best.
Updated: 11/03/2023