

Chicken Hominy Soup

Ingredients:

1 10-ounce can chicken broth
1 1/4 cup water
1 15-ounce can (white or yellow) hominy, drained, liquid reserved
1 whole or two half chicken breasts, skinned and boned
3 tablespoons olive oil
1/2 cup diced onion
1 1/2 inch piece carrot, diced
2 cloves garlic, thinly sliced
1/4 teaspoon cayenne
1 teaspoon paprika
1 cup heavy cream
Coarse salt and freshly ground black pepper, to taste
1 medium tomato, peeled, seeded and diced
1/4 cup chopped fresh cilantro



Recipe picture



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By Diane Morgan

Place the chicken broth, water, and hominy liquid in a medium saucepan. Add the chicken breast(s) and bring the liquid to a simmer. Cook the chicken just until it is barely cooked, about 155° on an instant read thermometer. Remove the meat from the liquid and set it aside to cool. Turn off the heat under the poaching liquid.

In a 5-quart saucepan, heat the olive oil, then add the onion, carrot, and garlic and sauté until the vegetables are soft but not browned. Add the chicken poaching liquids, cayenne, hominy, using some of the soup liquid, then add the puree to the soup. Simmer about 10 minutes. Add the cream, and taste the soup. Then add salt and freshly ground black pepper, to taste.

Cut the chicken into pieces about 1-inch long and 1/4 -inch wide. Add the chicken, tomato, and cilantro to the soup just before serving

Serves 6 to 8