

Green Chile Chicken Noodle Soup with Roasted Garlic

Prep

30 mins

Cook

30 mins

Total Time

1 hrs



The cure for the winter blues or the common cold.

**** See Kitchen Notes for more information or links to special ingredients.**

Course: Main Course, soups & stews

Cuisine: American, New Mexico

Yields: 6 servings

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Ingredients

This recipe can easily be halved by just cutting the ingredient amounts in half.

- o 2 Tbsp. olive oil
- o 1 medium onion, chopped
- o 2 stalks celery, sliced
- o 1 large carrot, halved lengthwise, sliced
- o 2 heads of roasted garlic*, peeled
- o 8 - 9 cups chicken stock/water*, set aside 2 cups
- o 1 tsp. dried oregano, crushed
- o ½ tsp. coarse ground black pepper
- o salt to taste
- o 3 - 4 cups chopped or torn chicken*, cooked or uncooked
- o 1 cup mild to medium roasted green chile*, chopped
- o ½ cup fresh cilantro, chopped (optional)
- o 8 ounces noodles*, cooked al dente

Instructions

1. In a large soup pot, heat olive oil over medium heat.
2. Sauté onion, celery and carrots for 4 minutes.
3. Add 6 cups of chicken stock and/or water, oregano, pepper, chicken, and chile to the pot.
4. In a blender, add 2 cups stock and the roasted garlic cloves. Blend. Or, using an immersion blender, add to a bowl or pitcher and blend.
Add to the soup.
5. Bring soup to a boil, then reduce to a simmer and simmer for 20 minutes. Add more water if needed.
6. Stir in the cilantro. Cook 3 minutes.
7. Taste for salt. Add salt if needed.
8. If you have time, let the soup rest for at least an hour or overnight in the refrigerator to give the flavors time to meld. Reheat while you cook the noodles. If serving immediately, cook the noodles while the soup is cooking.
9. Cook the noodles to al dente. DO NOT add them to the soup pot*.
10. To serve, place about ½ cup noodles to a soup bowl and top with soup. Garnish with more

cilantro or green scallions tops, if desired.

Kitchen Notes

If you have leftover soup, store the soup and the noodles separately. This keeps the noodles from getting soggy and falling apart.

As with any soup, it is always better the next day. So if you have time, make the day before you serve it.

Following are some ideas for spreading out the tasks involved for making this soup.

- Roast a chicken one night, then save the leftover meat for the soup and the bones for the stock.
- *Before roasting the chicken*, place a couple bulbs of garlic on the roasting rack and roast with the chicken. Or purchase some roasted garlic, or make a separate batch of roasted garlic or [roasted garlic/infused oil](#).
- Use the bones and carcass from the roast chicken to make the [chicken stock](#).
- You could bypass the cooked chicken and stock altogether and do it all at once when you get ready to make the soup. Place 3 – 4 pieces of chicken (skinless breast, thigh, leg, wing) in 6-8 cups of water and cook the chicken. Remove once cooked, let cool, and remove the meat from the bones for the soup. Now you have your stock and your cooked chicken.
- Unless it's late summer or fall, you probably can't find any [fresh green chile to roast](#), but, if you are like me, you already have some in the freezer. You might also be able to purchase frozen or canned chile from your local grocer or one of these [New Mexico chile suppliers](#).
- For the noodles, I make my own (more on that below), but you can purchase your favorite fresh or dried noodles or pasta to use in this soup. We like a sturdy noodle that can stand up to the heartiness of this soup.