

ANCHO CHICKEN & FARRO SOUP

F EASY

Last Modified: 01/14/2011

PREP: 30 Min
COOK: 1 Hr 30 Min
STOVETOP

SOUP-MEXICAN

MAKES 12 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
3	Pounds	Chicken Thighs (Boneless Skinless)	Shredded
2	Quarts	Chicken Stock (Swanson)	
1 1/2	Pounds	Sweet Potatoes (Peeled)	1/2" Pieces
3	14.5 Oz	Cans Diced Tomatoes (Hunts)	
FARRO WILL NOT BREAK DOWN NO MATTER HOW MANY TIMES IT'S REHEATED			
1	17.6 Oz	Bag Pearled Italian Farro (Bob's Red Mill)	See Caution
OR FOR A RELATIVELY MUSHY TEXTURE, SUBSTITUTE			
1	Pound	Pearl Barley	
OR IF YOU LIKE THE CHEWIER TEXTURE, SUBSTITUTE			
1	Pound	Hulled Barley (Groats)	
3	Tsp	Ancho Chili Powder	
2	Tbsp	Olive Oil	
2	Medium	Yellow Onions	Fine Chop
8	Cloves	Garlic	Minced
1/4	Bunch	Italian Flat-Leaf Parsley	Chopped
1/2	Cop	Kalamata Olives (Pitted)	Quartered
2 +/-	Tsp	Sea Salt	To Taste
2 +/-	Tsp	Fresh Ground Black Pepper	To Taste

PREPARATION

HINTS	Kind of Spanish, kind of not. A tiny little bit of heat and a great flavor. The Farro will reheat many times and never turn to mush like Barley does. I enjoyed this Soup with dinner at a great little hotel in the Pink Zone in Mexico City in 1984.
CAUTION	<p>There are 2 different forms of Farro:</p> <p>1) Whole Grain Farro - 100% REQUIRES overnight soaking.</p> <p>2) Pearled Farro - Most of the Bran has been removed, so it may be simply cooked right out of the package.</p> <p>Kind of Spanish, kind of not. A tiny little bit of heat and a great flavor. The Farro will reheat many times and never turn to mush like Barley does.</p>
TOOLS	<p>1) Large Stock Pot & Lid</p> <p>2) Large Stainless Steel Skillet</p>
PREP	<p>DISH</p> <p>1) Finely Chop the Yellow Onions and set them aside.</p> <p>2) Mince the Garlic Cloves and add them on top of the Onions.</p> <p>3) Peel the Sweet Potatoes and cut them into 1/2" pieces.</p> <p>4) Cut the Kalamata Olives into Quarters and set them aside.</p> <p>5) Chop the Parsley Leaves and set them aside.</p>

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1	STOCK: In a large stock pot over medium high heat add in the Chicken Stock and bring it to a simmer (small bubbles appearing in the bottom of the pot), lower the heat to medium low. Stir in the Chicken Thighs and cook until they are fall-apart tender, about 20 minutes. Remove the Chicken Thighs to a plate and allow them to cool slightly.
2	POTATOES: Stir the Sweet Potatoes into the Stock, simmer for 15 minutes or until the Potatoes are tender.
3	CHICKEN: Meanwhile, remove the Thigh Meat from the bones and shred it using your fingers - discard the Bones & anything you don't want to eat.
4	POTATOES: Using a slotted spoon, transfer the Sweet Potatoes into a medium mixing bowl. Smash half of them with a fork and set them aside.
5	SOUP: Stir in the Diced Tomatoes & their Juice, Pearled Farro and Ancho Chili Powder. Simmer, stirring occasionally, while covered for 15 minutes or until the Farro is tender.
6	VEGETABLES: Meanwhile, in a medium skillet over medium heat, add in the Olive Oil and heat until it shimmers. Add in the Onions, Garlic and Salt. Cook, stirring occasionally until the Onions are transparent and you can smell the Garlic, about 8 minutes, being CAREFUL that the Garlic doesn't burn.
7	SOUP: Stir the Onion Garlic Mixture into the Soup Broth. Stir in the Shredded Chicken, Sweet Potatoes and Olives and simmer uncovered for 15 minutes. Season to taste with Salt and Pepper.
SERVE	Ladle the Soup into bowls and serve while hot, garnished with Chopped Parsley and with a Crusty Bread on the side.