



Delicious Chicken Sopas

Ingredients

- 2 quarts low-sodium chicken broth
- 2 boneless, skinless chicken breasts (6 to 8 ounces each)
- Kosher salt and freshly ground black pepper, to taste
- 3 tablespoons vegetable oil
- 2 medium carrots, finely diced
- 2 celery stalks, finely diced
- 1 medium yellow onion, finely diced
- 3 ounces ham steak or boiled ham, diced (about ½ cup)
- 3 cloves garlic, minced
- 3 tablespoons fish sauce
- 2 cups macaroni
- 1 can (10½ ounces) condensed cream of chicken soup *or* 1 can (12 ounces) evaporated milk
- Chopped scallions, for garnish

Instructions

1. Poach the Chicken

In a large saucepan, bring the chicken broth to a boil over medium-high heat. Reduce to a simmer.

Season the chicken breasts with salt and pepper. Add them to the simmering broth and poach until fully cooked, about 6 to 8 minutes.

Turn off the heat and let the chicken cool in the broth for 5 minutes. Remove the chicken and shred it into bite-sized pieces using your fingers or two forks. Set the shredded chicken aside and reserve the broth separately.

2. Sauté the Vegetables and Ham

Heat the vegetable oil in a Dutch oven or large pot over medium heat. Add the diced carrots, celery, and onion. Cook, stirring occasionally, until softened, about 4 to 5 minutes.

Stir in the diced ham and minced garlic, cooking until the garlic softens and becomes fragrant, about 1 minute.

Add the fish sauce and continue cooking for another 4 to 5 minutes to blend the flavors.

3. Cook the Soup

Pour the reserved chicken broth back into the pot along with 2 cups of water. Bring to a boil.

Add the macaroni, reduce the heat to a simmer, and cook, stirring frequently, until the macaroni is tender, about 6 to 7 minutes.

Stir in the cream of chicken soup (or evaporated milk) until fully combined and smooth. Add the shredded chicken and heat through.

4. **Serve**

Ladle the soup into bowls and garnish with chopped scallions. Serve hot.