

Creamy Chicken Soup With Caramelized Onions

 Servings: 2 (makes a generous 4 cups soup)

 Active: 25 mins | Total: 35 mins

- 1 boneless, skinless chicken breast (8 to 10 ounces), patted dry
- 1/4 teaspoon fine salt, plus more as needed
- Freshly cracked black pepper
- 3 tablespoons olive oil
- 1 small (6 ounces) yellow onion, diced
- 1/3 cup dry white wine, such as sauvignon blanc, divided
- 4 cups chicken or vegetable broth, preferably no-salt-added
- 1 large Yukon Gold potato (12 ounces), peeled and diced
- 1/4 cup heavy cream
- 1/4 cup (1 ounce) shredded Gruyère cheese
- Chopped fresh chives, for garnish (optional)

Step 1

Lightly season both sides of the chicken breast with salt and pepper.

Step 2

In a medium pot over medium-high heat, heat the olive oil until it shimmers. Lay the chicken into the pan so that it falls away from you, and cook until browned on one side, about 5 minutes. Turn over, and brown on the other side, about 5 minutes more, or until cooked through with an internal temperature of 165 degrees. Transfer the chicken to a cutting board.

Step 3

Add the onion to the pot and cook, stirring occasionally, until it starts to brown and stick to the bottom of the pot, about 5 minutes. Add a splash of the wine and stir up any brown bits. Continue cooking until the onions turn dark brown, about 4 minutes more. Add the remaining wine and, again, stir up any browned bits. Add the broth and potatoes, and bring to a boil. Lower heat to maintain a lively simmer and cook, uncovered, until the potatoes are tender, about 10 minutes.

Step 4

Meanwhile, using your fingers, pull the chicken into bite-size pieces.

Step 5

When the potatoes are cooked, remove the pot from the heat and, using an immersion blender, puree the soup on high speed until mostly smooth. (Or, using a standing blender, puree the soup in batches. Don't overblend or it may become gluey.) Stir in the pulled chicken and cream. Taste, and season with more salt and/or pepper, bearing in mind that the cheese will also add saltiness. Just before serving, stir in the cheese.

Step 6

Ladle the soup into bowls, garnish with the chives and more pepper, if desired, and serve.

