



Sweet Corn Soup



1-800-WIC-1007

Ingredients

- 1 tablespoon olive oil
- 1 small onion, diced
- 2 celery stalks, diced
- 1 red or green bell pepper, diced
- 2 small potatoes, diced
- 4 cloves garlic, minced
- 5 cups low-sodium vegetable or chicken broth
- 4 cups of fresh, frozen, or canned (rinsed and drained) corn
- Pinch of pepper

Directions

1. Heat the soup pot on medium-low heat and add the olive oil. Add the onion, celery, pepper, and potato and stir. Cover and let cook for about 5 minutes.
2. Add the garlic to the pot and continue to stir. Add a splash or two of broth if the vegetables stick to the bottom. Let the mixture cook for another 2 minutes.
3. Add the corn to the pot and stir. Add the broth and bring to a boil, then reduce the heat to low and simmer for 20-30 minutes.
4. Serve immediately.

Serves 4-6 • Serving Size: 1 cup • Prep time: 15 minutes • Cook time: 20-30 minutes

Chef Tips

1. Add ½ cup of low-fat milk to make it creamier
2. Add a can of drained and rinsed beans for extra protein
3. Add a handful of leafy greens at the end of cooking such as spinach or chopped kale
4. Add leftover cooked meat such as pork or chicken

Supplies

- Liquid measuring cup
- Measuring spoons
- Cutting board
- Knife
- Large pot



1-800-WIC-1007

Nutrition Facts Per Serving: 199 calories, 3 g Fat, 36 g Carbohydrate, 6 g Protein, 633 mg Sodium