**Sweet Corn Soup**

**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

**Supplies**

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

**Chef Tips**

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

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