



## Mexican Street Corn Soup

4 servings  
45 minutes

### Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 8 cups Frozen Corn (thawed)
- 1 White Onion (large, diced)
- 1 tsp Chili Powder
- 1 tsp Sea Salt
- 6 cups Organic Vegetable Broth (Stock)
- 1/4 Lime (juiced)
- 1/4 cup Cilantro (Coriander)

### Nutrition

| Amount per serving |        |
|--------------------|--------|
| Calories           | 357    |
| Fat                | 9g     |
| Saturated          | 1g     |
| Carbs              | 70g    |
| Fiber              | 9g     |
| Sugar              | 13g    |
| Protein            | 10g    |
| Cholesterol        | 0mg    |
| Sodium             | 1596mg |
| Potassium          | 894mg  |
| Vitamin A          | 1715IU |
| Vitamin C          | 16mg   |
| Calcium            | 30mg   |
| Iron               | 2mg    |
| Vitamin D          | 0IU    |
| Vitamin E          | 2mg    |
| Folate             | 122µg  |
| Vitamin B12        | 0µg    |
| Magnesium          | 100mg  |
| Zinc               | 2mg    |
| Selenium           | 3µg    |

### Directions

- 1 Put all the ingredients except the lime juice, in a pan, bring to the boil, turn down heat and simmer for 20 mins until the onion is soft. Puree in a blender. Alternatively add to a soup maker. Add the lime juice and adjust seasoning just before serving.
- 2 Divide the soup into bowls and garnish with the coriander and additional chili powder (optional).

### Notes

**Extra Flavour,** Add a tablespoon of nutritional yeast before cooking. Engevita is a good brand from Holland and Barrett, Waitrose etc. Add about 30g creamed coconut towards the end of cooking, for a creamy consistency.

**Leftovers,** Refrigerate in an airtight container up to 5 days, or freeze if longer.

**No Frozen Corn,** Use fresh corn, or canned corn.