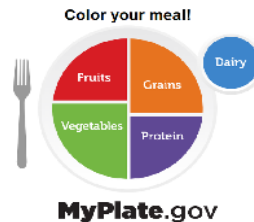


CORN SOUP



Serving size: 1 cup Number of servings: 4

Ingredients

- 1 onion, diced
- 2 celery stalks, diced
- 4 cups of corn, fresh, frozen or canned
- 1 medium potato, diced
- 1 green bell pepper, diced
- 4 cloves of garlic, minced

- 1 tablespoon of corn flour, or corn meal
- Red bell pepper flakes (optional)
- salt & pepper (to taste)
- 6 cups of broth
- 1 tablespoon of butter
- 1 tablespoon of oil

Directions

1. Dice or mince the vegetables.
2. In a large pot, heat butter and oil and add the diced vegetables. Let them brown for about 5 minutes.
3. Add the garlic and red bell pepper flakes, cook the vegetables for another 5 minutes.
4. Add the corn and the flour, and stir. Cover with broth and add salt and pepper to taste. Let it simmer for about 30 minutes. Enjoy!

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