

# Mexican Street Corn Soup

4 SERVINGS 45 MINUTES



## INGREDIENTS

2 tbsps Extra Virgin Olive Oil  
8 cups Frozen Corn (thawed)  
1 Yellow Onion (large, diced)  
1 tbsps Chili Powder  
1 tsp Sea Salt  
6 cups Water  
1/4 cup Nutritional Yeast  
1/4 Lime (juiced)  
1/4 cup Cilantro

## NUTRITION

### AMOUNT PER SERVING

Calories	366	Fiber	10g
Fat	9g	Sugar	13g
Saturated	1g	Protein	11g
Trans	0g	Cholesterol	0mg
Carbs	70g	Sodium	670mg

## DIRECTIONS

- 01 Heat oil in a large pot over medium-high heat. Add corn, onion, chili powder and salt. Stir occasionally for 6 to 8 minutes, or until onion is soft.
- 02 Scoop out 1/3 of the mixture and set aside. Add water to the pot. Bring to a boil and reduce to a simmer for 20 minutes.
- 03 Use a handheld immersion blender to puree until smooth (or carefully transfer to a blender). Stir in nutritional yeast, lime juice and half the reserved corn mixture. Adjust seasoning as needed.
- 04 Divide the soup into bowls and garnish with the remaining corn mixture, cilantro and additional chili powder (optional).

## NOTES

### MORE TOPPINGS

Top with lime zest, feta, Cotija cheese, avocado slices, or more nutritional yeast.

### MORE VEGGIES

Add potatoes, eddoes, jicama, chopped kale, red bell pepper, mushrooms or zucchini.

### SERVE IT WITH

Our Savoury Roasted Chickpeas, or alongside our Black Bean & White Fish Wraps or Mexican Quinoa Wraps recipe.

### LEFTOVERS

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

### NO FROZEN CORN

Use fresh corn, or canned corn.