

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 tbsp Chili Powder
1 tsp Sea Salt
6 cups Water
1/4 cup Nutritional Yeast
1/4 Lime (juiced)
1/4 cup Cilantro

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).

NUTRITION

AMOUNT PER SERVING

Calories	379	Carbs	71g
Fat	9g	Protein	14g