

Spiced Sweetcorn Soup

Cooking Instructions

1. Dice and mince vegetables.
2. Heat oil in a soup pot, then add onion. Sauté until translucent.
3. Add garlic, ginger and spices. Cook while stirring for 30-60 seconds until fragrant.
4. Add potatoes and vegetable broth. Bring to a simmer until potatoes are soft.
5. Add 1 can sweet corn with some of the juices and creamed corn.
6. Transfer to blender and blend until smooth. Be careful!
7. Transfer back to pot and add last can of sweet corn with some of the juices.
8. Enjoy!

Recipe

- 1 Tbsp olive oil
- 1 onion, diced
- 4 cloves garlic, minced
- 1 inch ginger root, minced
- 1 Tbsp coriander
- 1 Tbsp cumin (use seeds if available)
- 1 tsp turmeric
- 1 tsp chili powder
- 3-4 medium yellow potatoes, diced
- 32oz vegetable broth
- Salt and pepper to taste
- 2 cans sweet corn
- 1 can creamed corn

Grocery List

Produce

- 1 onion
- Garlic
- Ginger root
- 3-4 yellow potatoes

Canned Goods/Grocery

- 2 cans sweet corn
- 1 can creamed corn
- Olive oil
- 32oz vegetable broth

Spices

- Salt
- Pepper
- Coriander
- Cumin or cumin seeds
- Chili powder
- Turmeric

