

# SWEETCORN & CHILLI SOUP



## QUICK

10 -15 mins prep

## HEALTHY

Sweetcorn contains high levels of lutein that contributes to healthy vision

## FAMILY

Feeds 6 with spare...

## MEALS

This big bowl of soup is warm and filling – serve as a starter or with a protein

## INGREDIENTS

- 600g frozen sweetcorn
- 1 tbs oil
- 1 red chilli
- 2 medium onions
- 2 garlic cloves
- 1 large potato or 2 medium ones
- 1 litre vegetable stock
- 200 ml almond milk or milk
- Salt and Pepper
- Optional - Fresh green herbs for decoration

## METHOD

- 1) Heat 1 tbs oil in a large saucepan
- 2) Dice the onions and add to the saucepan
- 3) Mince the garlic and add
- 4) Finely chop the chilli and add half (depending on how strong you like it) Leave the rest for decoration at the end
- 5) Chop potato into small-ish pieces - Do not peel if it is clean. Just wash it – add to the pan
- 6) Put frozen sweetcorn into saucepan and MIX
- 7) Add 1 litre vegetable stock - cover and bring to the boil
- 8) Simmer for 10 minutes - until the potato is soft
- 9) Blend till smooth - ish
- 10) Add 200 ml milk/almond milk
- 11) Taste (add salt and pepper if necessary)
- 12) Serve with the rest of the chilli and herbs sprinkled on top.



## TOP TIP !

Make double and put half into the freezer so that it's even quicker next time



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to [www.quickhealthyfamilymeals.com](http://www.quickhealthyfamilymeals.com)