

HEAVENLY CORN SOUP

INGREDIENTS:

- ☐ 2 tablespoons butter
- ☐ 3 garlic cloves, minced
- ☐ ½ cup chopped sweet white onion, like Vidalia or Maui
- ☐ 8 ears of fresh corn, grated (about 3½ cups)
- ☐ 2½ cups milk
- ☐ ¼ cup cream
- ☐ 1½ teaspoons salt
- ☐ Minced cilantro and diced tomato for garnish (optional)

Red Pepper Garnish (optional)

- ☐ 1 red bell pepper, roasted
- ☐ 1 red jalapeno, stemmed and seeded (see note)
- ☐ 1 garlic clove
- ☐ Pinch salt
- ☐ 1 to 2 teaspoons water

Cilantro Cream Garnish (optional)

- ☐ ½ cup cilantro leaves
- ☐ 1 garlic clove
- ☐ ½ cup sour cream
- ☐ Pinch salt

INSTRUCTIONS: Melt the butter in a heavy 3-quart pot. Add the garlic and onion and gently cook until softened, about 5 minutes. Do not brown. Stir in the grated corn, any corn juices from the bottom of the bowl, and the milk. Simmer very gently, stirring frequently, for 15 minutes. Add the cream and salt.

Garnish with cilantro and tomato. Or drizzle with the Red Pepper Puree and/or Cilantro Cream for a special occasion. (Place the purees in plastic squeeze bottles for easy drizzling.)

Red Pepper Puree: Roast the bell pepper over a gas burner until blackened. Place in a small paper bag, twist shut and let steam for 10 minutes. Remove the pepper and scrape off the blackened skin. Core and seed the pepper. Puree in a blender with the jalapeno, garlic, salt and water.

Cilantro Cream: Combine the cilantro, garlic, sour cream and salt in a blender and puree.

Serves 6.

Note: Or use a Mancini brand fire-roasted red jalapeno. (This product is sold in 12-ounce jars.)

PER SERVING: 265 calories, 8 g protein, 26 g carbohydrate, 16 g fat (9 g saturated), 46 mg cholesterol, 614 mg sodium, 5 g fiber.