

Cilantro and Sweet Corn Soup

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Servings: 4

*2 tablespoons olive oil
1 teaspoon chili powder
1/8 to 1/4 teaspoon red pepper flakes
1 teaspoon cumin
1 onion, chopped
2 - 3 cloves garlic, chopped
4 cups fresh or frozen corn kernels
1 poblano pepper, chopped
2 roma tomatoes, squeezed and chopped
2 cups unsweetened almond milk
1/2 teaspoon salt
juice of one lime
black pepper (to taste)
1 teaspoon agave or maple syrup
1/2 cup water
1 cup cilantro leaves, whole, loosely packed*

Preparation Time: 15 minutes

Cook Time: 35 minutes

In a large nonstick cooking pot, heat the oil on low. Add the chili powder, red pepper flakes and cumin. Let bloom for about 5 minutes.

Raise the heat to medium. Add the onion. Cook, stirring frequently, for about 5 minutes. Add the garlic. Saute' for 2 to 3 minutes. Remove from the heat if the garlic starts to burn.

Add the corn. Saute' for 5 minutes. (If using frozen corn, add it still frozen.)

Remove about one cup of the mixture to a food processor.

Add the poblano pepper and tomatoes to the cooking pot. Reduce the heat to medium low. Stir occasionally.

Process the corn mixture in the food processor for about 2 minutes. Add one cup of the almond milk. Process until smooth. Return the mixture to the cooking pot.

Stir in the remaining milk, salt, lime juice, pepper, sweetener and water. Simmer for 5 to 10 minutes to heat through. Taste and adjust seasonings, if needed.

Stir in the cilantro leaves just before serving.

Start to Finish Time: 50 minutes

Per Serving (excluding unknown items): 101 Calories; 7g Fat (61.0% calories from fat); 2g Protein; 9g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 285mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 1 1/2 Fat.

Per Serving Nutritional Analysis

Calories (kcal):	101	Vitamin B6 (mg):	.2mg
% Calories from Fat:	61.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	33.1%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	5.9%	Riboflavin B2 (mg):	trace
Total Fat (g):	7g	Folacin (mcg):	21mcg
Saturated Fat (g):	1g	Niacin (mg):	1mg
Monounsaturated Fat (g):	5g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0.0%
Carbohydrate (g):	9g	Food Exchanges	
Dietary Fiber (g):	2g	Grain (Starch):	0
Protein (g):	2g	Lean Meat:	0
Sodium (mg):	285mg	Vegetable:	1 1/2
Potassium (mg):	290mg	Fruit:	0
Calcium (mg):	31mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	1 1/2
Zinc (mg):	trace	Other Carbohydrates:	0
Vitamin C (mg):	53mg		
Vitamin A (i.u.):	978IU		
Vitamin A (r.e.):	97 1/2RE		

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 101 **Calories from Fat:** 61

% Daily Values*		
Total Fat	7g	11%
Saturated Fat	1g	5%
Cholesterol	0mg	0%
Sodium	285mg	12%
Total Carbohydrates	9g	3%
Dietary Fiber	2g	7%
Protein	2g	
Vitamin A		20%
Vitamin C		89%
Calcium		3%
Iron		6%

* Percent Daily Values are based on a 2000 calorie diet.