

# Corn and Cilantro Soup

*Fresh Ways with Soups & Stews*  
*Time-Life Books*

## Servings: 4

*2 teaspoons unsalted butter*  
*1 teaspoon safflower oil*  
*1 onion, finely chopped*  
*3 cloves garlic, finely chopped*  
*1 teaspoon cumin seeds (optional),*  
*ground with a mortar and pestle OR*  
*1 teaspoon ground cumin*  
*1 green pepper, seeded, deribbed and*  
*chopped*  
*1 sweet red pepper, seeded, deribbed*  
*and chopped*  
*1 jalapeno pepper (optional), seeded*  
*and finely chopped*  
*1 ripe tomato, peeled seeded and*  
*chopped*  
*2 cups fresh or frozen corn kernels*  
*2 cups unsalted chicken stock*  
*1/2 teaspoon salt*  
*2 tablespoons chopped cilantro*

Heat the butter and the oil together in a large, heavy-bottomed saucepan or skillet over medium heat. Add the onion, garlic and, if you are using it, the cumin. Cook, stirring often, until the onion is translucent - about 5 minutes. Stir in all the peppers and cook them until they soften slightly - about 2 minutes more. Add the tomato, corn, stock and salt. Reduce the heat and simmer the soup for 5 minutes.

Stir in the cilantro just before serving.

Start to Finish Time: 20 minutes

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Per Serving (excluding unknown items): 63 Calories; 3g Fat (43.5% calories from fat); 1g Protein; 8g Carbohydrate; 2g Dietary Fiber; 5mg Cholesterol; 272mg Sodium. Exchanges: 1 1/2 Vegetable; 1/2 Fat.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	63	<b>Vitamin B6 (mg):</b>	.2mg
<b>% Calories from Fat:</b>	43.5%	<b>Vitamin B12 (mcg):</b>	trace
<b>% Calories from Carbohydrates:</b>	49.0%	<b>Thiamin B1 (mg):</b>	.1mg
<b>% Calories from Protein:</b>	7.5%	<b>Riboflavin B2 (mg):</b>	trace
		<b>Folacin (mcg):</b>	23mcg

**Total Fat (g):** 3g  
**Saturated Fat (g):** 1g  
**Monounsaturated Fat (g):** 1g  
**Polyunsaturated Fat (g):** 1g  
**Cholesterol (mg):** 5mg  
**Carbohydrate (g):** 8g  
**Dietary Fiber (g):** 2g  
**Protein (g):** 1g  
**Sodium (mg):** 272mg  
**Potassium (mg):** 229mg  
**Calcium (mg):** 19mg  
**Iron (mg):** 1mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** 92mg  
**Vitamin A (i.u.):** 2180IU  
**Vitamin A (r.e.):** 228 1/2RE

**Niacin (mg):** 1mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refused:** n n%

### Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 0  
**Vegetable:** 1 1/2  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 1/2  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

**Calories** 63 Calories from Fat: 28

### % Daily Values\*

<b>Total Fat</b>	3g	5%
	Saturated Fat 1g	7%
<b>Cholesterol</b>	5mg	2%
<b>Sodium</b>	272mg	11%
<b>Total Carbohydrates</b>	8g	3%
	Dietary Fiber 2g	8%
<b>Protein</b>	1g	
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<b>Vitamin A</b>		44%
<b>Vitamin C</b>		153%
<b>Calcium</b>		2%
<b>Iron</b>		3%

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