

SOUPS

Creamy Corn Soup

Makes 4 servings · ~1½ cups each

SATIETY SCORE

● ● ● ● ○ 4 / 5

NUTRITION

HIGH

Per serving (approx.): Protein 8 g · Fiber 6 g · Calories 230

Ingredients

- 1–2 tsp olive oil (for the pan)
- 1 medium onion, chopped
- 6 cups fresh or frozen corn kernels
- 2 cups chicken broth
- ½ cup red bell pepper, chopped
- ½ tsp fresh rosemary, chopped
- ½ tsp dried thyme
- ⅛ tsp black pepper
- Cayenne pepper to taste
- 1 cup whole milk
- 1 Tbsp basil, chopped

Directions

1. Heat the olive oil in a large saucepan; sauté the onion until clear.
2. Add 4 cups of the corn and sauté 4–5 minutes.
3. Add the broth and cook about 20 minutes.
4. Transfer to a blender and purée until smooth; return to the pan over medium-low heat.
5. Add the red pepper, rosemary, thyme, black pepper, cayenne, milk, and remaining 2 cups corn. Cook about 10 minutes, until thick and creamy; garnish with basil.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Adapted from the Body for God Cookbook by Lisa Young.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

Creamy Corn Soup

Makes 4 servings · ~1½ cups each

Check off what you need — items are grouped by store section.

PRODUCE

- ☐ 1 medium onion
- ☐ 1 red bell pepper (about ½ cup chopped)
- ☐ 1 small bunch fresh basil

DAIRY & EGGS

- ☐ 1 cup whole milk

FROZEN

- ☐ 6 cups fresh or frozen corn kernels

PANTRY & DRY GOODS

- ☐ 2 cups chicken broth

CHECK YOUR PANTRY

- ☐ Olive oil
- ☐ Rosemary
- ☐ Thyme
- ☐ Black pepper