



Basil Corn Soup - 4 servings

Recipes from www.naturalhealthyconcepts.com

3 Cups fresh or frozen corn
1 T extra virgin olive oil
1 Sweet Vidalia onion chopped
1 leek, white part chopped
4 scallions, white part chopped
1 T fresh peeled, grated ginger
2 T fresh minced basil
1 medium yukon gold potato
Peeled & chopped
2 Cups vegetable or chicken broth
Sea salt & fresh ground black pepper

Heat oil in a large saucepan over medium heat. Add the onion, leek, scallions, ginger and basil. Saute, stirring often, until the vegetables are soft. Stir in the corn and potato. Add the vegetable broth and bring to a gentle boil over medium-hi heat. Reduce heat, cover and simmer until the potato is soft enough to puree and the liquid is reduced to just cover the other ingredients, about 30 minutes. Puree and return to heat, season with salt & pepper.

Per 12 oz Serving: Calories 201, Protein 7g, Carbs 39g, Fat 5g, Sat Fat .7g, Sugar 7g, Fiber 5.8g

Beneficial Nutrients: Vit A 494 IU, B1 .19mg, B2 .14mg, B3 3mg, B5 .6mg, B6 .4mg, Folate 88mcg, Vit C 23mg, Vit E .4 IU, Calcium 36mg, Magnesium 63mg, Potassium 703mg, Selenium 1.6 mcg, Zinc 1mg