



Sweet Corn Soup with Roasted Red Bell Pepper Sauce

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There is nothing like the taste of fresh, sweet corn! I usually make this soup from fresh corn during the warm weather months and at harvest time when corn is at its sweetest, but it can be made at any time of the year with organic, frozen, sweet corn. The garnish adds flavor that comes from roasting red bell peppers.

Ingredients

- **1 teaspoon olive oil**
- **4 ears of corn, kernels scraped from the cob, save the cobs, or 3 cups (24 oz) corn kernels (fresh, frozen, or canned)**
- **1 yellow onion, diced**
- **1 teaspoon garlic, finely chopped**
- **1/2 teaspoon salt**
- **1/4 teaspoon black pepper**
- **6 cups water or vegetable stock**
- **1 red bell pepper, roasted, peeled, seeded, and diced**
- **1 (15.5 oz.) can cannelloni or white beans (drained and rinsed)**

Directions

1. If you are using fresh corn, cut the kernels off the cob. You should have approximately 3 cups of corn kernels from 4 cobs of corn. Save the corncobs and set aside. The cobs will add additional corn flavor to the soup.
2. In a medium sized saucepan over medium-high heat, heat olive oil and add the onions.

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(Sweet Corn Soup continued.)

3. Sauté the onions for 3 to 4 minutes until they are translucent, stirring occasionally to prevent burning. Add garlic and sauté for 1 more minute. If the pan is too dry, add 1/4 cup of the vegetable stock or water.
4. Add corn kernels and sauté for another 3 minutes, stirring constantly. Add salt, black pepper and water/stock, and bring to a boil. (If you cut corn fresh from the cob, place the reserved cobs into the saucepan at this time). Once the mixture has boiled, reduce the heat and simmer for 30 minutes. Stir occasionally to prevent the corn kernels from burning or sticking to the bottom of the pan.

Red Bell Pepper Sauce

1. While the corn soup is simmering, roast the red bell pepper using the *Open Flame* method, then peel, seed, and dice it.*
2. Place the diced bell pepper in a blender with the white beans. Blend thoroughly for about 30 seconds. Pour the red bell pepper sauce into a plastic squirt bottle and set aside.

* Open Flame method is taught in Session Two video.

Finish Soup

5. Remove the corn soup mixture from the heat, discard the corncobs and set aside. Place the corn soup in a blender in batches and purée for 3 minutes.
6. Pour the mixture through a sieve or strainer into a saucepan and discard the contents of the sieve. Return the saucepan to the stove, and heat over medium heat for 15 minutes, stirring occasionally to prevent burning.
7. Pour into bowls, garnish with some of the red pepper sauce and serve immediately.

Serves 6, 3/4 - 1 cup servings.