

Light Creamy Corn Soup

Yield: about 4 cups

Ingredients

- 300 g corn kernels (fresh or frozen)
- 10 g unsalted butter
- 10 g olive oil
- 60 g onion, chopped
- 1 small garlic clove (≈ 4 g), minced
- 600 ml low-sodium vegetable stock
- 60 ml soy milk
- 2 g salt + MSG blend
- Black pepper, to taste

Instructions

1. Sauté onion in butter and olive oil until soft.
2. Add garlic; cook briefly.
3. Add corn and stock; simmer 8–10 minutes.
4. Blend partially or fully, leaving some texture.
5. Stir in soy milk and seasoning; warm gently.

Nutrition (Per Serving)

Kcal: 160 | Protein: 5 g | Fat: 7 g | Sat. Fat: 3 g | Carbs: 22 g | Sugars: 6 g | Fiber: 3 g | Sodium: 420 mg | Omega-3: 0.1 g

