

Mexican Corn and Potato Soup

Ingredients:

- 1 cup chopped onion
- 2 garlic cloves, minced
- 1 red hot chili pepper, seeded and minced
- ¼ tsp. salt
- 3 cup low sodium vegetable broth
- 2 tsp. cumin
- 4 cups water
- 1 sweet potato, medium, diced
- ½ red bell pepper, small, finely chopped
- 3 cup white corn
- ⅛ tsp. salt (pinch)
- 1 medium lime, cut into wedges
- 1 pinch fresh cilantro, finely chopped



Nutrition Facts			
Serving Size 1 cup (227g)			
Servings Per Container 7			
Amount Per Serving			
Calories 100	Calories from Fat 5		
% Daily Value*			
Total Fat 0.5g	1%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 320mg	13%		
Total Carbohydrate 24g	8%		
Dietary Fiber 4g	16%		
Sugars 3g			
Protein 3g			
Vitamin A 20%	• Vitamin C 45%		
Calcium 2%	• Iron 6%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			



Directions:

1. In a covered soup pot, simmer the onions, garlic, chile and salt in the vegetable broth for about 10 minutes, or until the onions are soft.
2. In a small bowl, make a paste with the cumin and a tablespoonful of the broth, stir into the pot and simmer for another 1-2 minutes.
3. Add the sweet potato and the remaining broth and simmer for about 10 minutes, until the sweet potatoes are softened.
4. Add the bell pepper and corn and simmer, covered for another 10 minutes, or until all of the vegetables are tender.
5. Puree about half of the soup in a food processor and return to the pot. The soup will be creamy and thick. Add salt and gently reheat on low. Garnish with lime wedges.