

## Corn Soup



### Ingredients:

- 4 cups corn, fresh, canned, or frozen
- 1 tbsp butter
- 1 onion, finely chopped
- 2 sticks celery, finely chopped
- 1 green or red bell pepper, finely chopped
- 1 small potato, diced
- 4 cloves garlic, finely chopped
- 1 chili pepper, finely chopped (optional)
- 1 tbsp cornmeal or flour
- salt and pepper
- 5 cups vegetable broth or chicken stock

### Directions:

1. To make the soup, melt the butter in a large pot or Dutch oven on medium heat. Add onion, celery, bell pepper, and potato, then stir. Cover the pot and let everything fry and steam for about 5 minutes.
2. Take the lid off the pot and add the garlic and chili pepper, if using. Stir the vegetables, using a splash of water or broth to free any that get stuck to the bottom of the pot.
3. Let the vegetables cook, stirring occasionally, for another 5 minutes. They should be lightly browned and soft, although the potatoes will not be fully cooked yet.
4. Add the corn and cornmeal or flour to the pot and stir. Cover with about 5 cups of broth and bring to a boil, then turn the heat down to low and simmer for about 30 minutes. The broth will thicken and become opaque.
5. Add salt and pepper to taste. If you made your own corn broth, you'll probably need at least a teaspoon of salt; if you used store-bought broth, you'll need less.
6. Serve with a slice of garlic bread or add a hard-boiled egg for extra protein