



# NUTRITION EDUCATION TEAM RECIPE CARDS

# POTATO CORN SOUP



**SERVING**  
**SIZE** **5**

## INGREDIENTS



1 Tablespoon  
oil



1 cup  
chopped onions



3 cups diced  
potatoes



2 cups  
low sodium  
broth



1 cup  
lowfat milk



1.5 cups corn



Salt and Pepper  
to taste

### EQUIPMENT:

- Measuring cups
- Large pot
- Cutting board
- Sharp Knife
- Spatula
- Serving spoon

### FUN FACT, NOTES, HEALTH BENEFITS:

Corn is high in insoluble fiber which aids in digestion. Not only is corn packed with fiber it also contains a lot of other valuable nutrients such as Vitamins A & C, Calcium, Folate, Potassium, and Magnesium. Corn being jammed packed with all these nutrients makes it good for not only gut health but also eyesight, and it only moderately affects blood sugar.

While potatoes may have a bad rep because of the high starch content found in them, they can actually be quite good for you depending on the meal you prepare it with. Potatoes contain no fat/cholesterol/ or sodium naturally. They are also naturally a low-calorie food. Some nutrients that are high in potatoes are Vitamins C & B6, and potassium. Potatoes because they contain carbohydrates are a good source of energy for the body.



### 1 GATHER

Gather ingredients. Gather equipment.



### 2 SAUTÉ ONIONS

In a large pot, heat oil over medium heat. Add onions and cook until soft.



### 4 STIR UNTIL SMOOTH

Stir until smooth. Use the back of a spoon or fork to mash some of the potatoes.



### 5 ADD MILK AND CORN

Add Milk and Corn. Reheat for 10 minutes.



### 3 ADD POTATOES

Add Potatoes, broth, and 1 cup of water. Bring to a boil. Lower heat and simmer for 30 minutes.



### 6 SERVE HOT

Serve hot and Enjoy! Add salt and pepper to taste. Refrigerate leftovers within 2 hrs.