

Spicy Poblano and Corn Soup



Ingredients:

- 1 16 ounce frozen corn, thawed and divided
- 2 cups fat-free milk, divided
- 4 poblano chilies, seeded and chopped
- 1 cup onion, chopped
- 1 tablespoon water
- 3/4 teaspoon salt
- 1/2 cup shredded sharp cheddar cheese

Directions:

1. Place 1 cup corn and 1 1/2 cups milk in a Dutch oven. Bring mixture to a boil over medium heat.
2. Combine chilies, onions, and water in a microwave -safe bowl. Cover and microwave on high for 4 minutes.
3. Meanwhile place 2 cups of corn and 1/2 cup milk in a blender; process until smooth.
4. Add pureed mixture to corn in the Dutch oven. Stir in the chilies and onions and cook 6 minutes over medium heat.
5. Ladle soup in bowls and top with shredded cheese.

Makes 4 servings

Recipe adapted from Cooking Light, Fresh Foods Fast, 2009



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