



PHOTO CREDIT: CDC/ Mary Anne Fenley

Corn, Bell Pepper and Tomatillo Soup

Source: Modified from a recipe at bourbonandhoney.com

Serving size: 1 portion **Servings per recipe:** 4

This delicious and easy to make soup highlights the flavors of the southwest, and features the smoky flavor of roasted bell peppers.

Ingredients

1 medium green bell pepper or poblano chile
 2 ears fresh sweet corn, husks removed, cleaned
 or 1 cup canned or frozen corn kernels
 1 Tbsp olive oil
 1 medium onion, chopped (about 1 cup)
 4 medium cloves garlic, minced
 4 medium tomatillos, husked, rinsed and chopped
 1 large tomato, chopped (about ½ pound)
 or 1 cup low-sodium canned chopped tomatoes
 2 cups low-sodium vegetable or chicken broth
 1 can (15 oz) black beans, low-sodium, drained, rinsed
 1 Tbsp fresh lime juice

Optional garnishes:

1 Tbsp of Greek or plain yogurt
 Lime wedges
 Avocado slices
 Chopped cilantro
 Crumbled or shredded cheese
 Hot sauce

Materials

Cutting board & sharp knife, measuring cups & spoons, medium mixing bowl, baking sheet and 4-quart pot, blender

Directions

1. Broil bell pepper. Heat oven to 475°F. Place whole pepper on baking sheet. Roast uncovered 30 minutes, turning twice, until pepper skin is brown and blistered.
2. Take roasted pepper out of oven and let stand 15 minutes. Peel pepper and discard seeds and membranes. Chop pepper.
3. Cut kernels off ears of corn; set aside.
4. Heat the olive oil in a 4-quart pot over medium-high heat. Add the onion, garlic and tomatillos and sauté until softened, about 5 minutes. Add the corn kernels and chopped pepper and sauté another two minutes.
5. Add the tomato and broth. Simmer for 15 minutes. Next, pour all but 1 cup of the soup mixture into a blender and blend until smooth. Return blended soup to the pot. Add the black beans, and lime juice; stir until well blended. Cook an additional 15 minutes, stirring occasionally.
6. Serve hot, with optional garnishes of your choosing.

Nutrition Facts

servings per recipe	4
Serving size	(442g)
Amount per serving	
Calories	230
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	10%
Total Carbohydrate 39g	14%
Dietary Fiber 11g	39%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 75mg	6%
Iron 3mg	15%
Potassium 600mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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