

Corn Soup with Chicken

This corn soup is very satisfying in spite of being low in fat. It is great as a meal by itself.

Ingredients:

3 ears of corn on the cob cooked in water

1 can of chicken broth

2 eggs slight beaten

1 cup of leftover chicken

1 tablespoon corn starch dissolved in 3 tablespoon of water

1 tablespoon sesame oil

$\frac{1}{4}$ cup fresh green onion finely chopped





Method:

Cut the corn from the cobs and place the corn in the blender with water just enough to cover the corn and blend (chop mode).

I like to have the corn in pieces where I still can bite them. If you like them in less solid form, just chop for a longer time.

Pour the corn, chicken broth and an extra measurement of water in a pan under a high heat. Once the soup starts to boil, add the chicken. Again bring to boil and gently add the corn starch dissolved in water, stir constantly. Once the soup start to bubble, add the slightly beaten egg and finish by

adding sesame oil and green onion.



Serve hot.



Did you know that corn contain high levels of antioxidants? Antioxidants are known to decrease the incidence of cancer and heart disease. Interestingly when you cook corn you lose vitamin C but you gain ferulic acid which is an antioxidant.

Thank you for stopping by Simple Recipes and have a great week!