

PERUVIAN SUMMER CORN SOUP

Katie Simmons

INGREDIENTS

30 MINUTES 6 SERVINGS

- 1 onion
- 1 bell pepper
- 1 medium sweet potato
- 4 cloves garlic, minced
- 3 bay leaves
- 2 Tbs fresh marjoram (or substitute with Mexican or Greek oregano)
- 1 Tbs fresh thyme
- 3 large ears of corn, shucked, left on the cob, and cut into 1-2 inch rounds
- 8 cups water or no-salt vegetable stock
- 1 zucchini, diced
- 1/4 tsp. salt
- 1/4 tsp. black pepper

TAGS

#easy #glutenfree #healthy #oilfree #SouthAmerican #summer #vegan #vegetarian



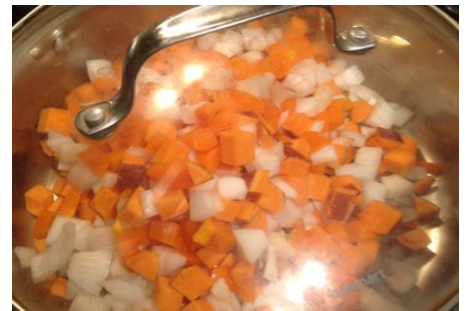
1

Gather ingredients. This recipe uses Marjoram, but you can substitute with Mexican oregano or regular Greek oregano.



2

To prepare the soup: Dice the onion and bell pepper. Keep the skin on the sweet potato and dice into bite-sized pieces.



3

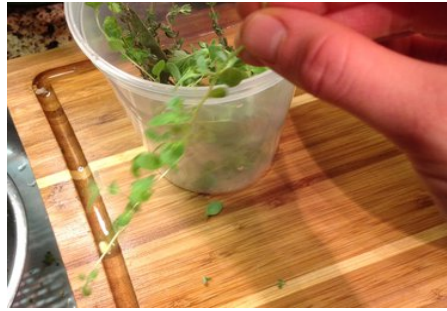
Place the diced vegetables into a large pot. Cover and cook over medium heat, 8-10 minutes, until the onions are translucent.





4

You want the onions soft, without any browning. If the vegetables start to brown, reduce the heat, and stir the vegetables.



5

Strip the marjoram leaves from the stems.



6

Shuck the corn and remove as much of the silks as you can. Cut each ear into 1-2 inch rounds.



7

Once the vegetables in the pot are done sweating, add the marjoram, corn, thyme, bay leaf, minced garlic, and 8 cups of water or vegetable stock. Cover, bring to a boil, and reduce to a simmer. Simmer over medium-low heat for about 15-20 minutes.



8

In the meantime, dice the zucchini into bite-sized pieces.



9

When the sweet potato is tender, but not mushy, the base of your soup is ready.





10

Add the diced zucchini, and cook 2 more minutes, just until the zucchini is tender. Then, turn off the heat, season with salt and pepper.



11

Enjoy a big bowl with a ray of sunshine. Tips: You can use frozen corn on the cob and make this summery soup any time of year. The cobs of the corn help add sweetness to the broth, essential for flavor.

