

# Gabrielle's Simple Tomato and Corn Soup

Yield: 6 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-corn-soup-recipe>

## Ingredients:

- 10 ounces diced tomatoes if you use salt-free then add salt to taste
- 10 ounces corn creamed
- 1 cup low-fat milk or skim
- 1/2 onions medium, minced
- 3 cloves garlic minced
- 2 tablespoons olive oil
- 3 1/2 green onions stalks, chopped
- salt additional, and pepper to taste

## Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 5 milligrams
4. Fat: 5 grams
5. Fiber: 2 grams
6. Protein: 3 grams
7. SaturatedFat: 1 grams
8. Sodium: 160 milligrams
9. Sugar: 5 grams

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