

QUICK TRINIDAD CORN SOUP

Yield: 4 min
Total Time: 50 min

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

Ingredients:

- 4 cups corn or 1 tin creamed corn
- 1 cup chicken stock
- 1 1/2 green bell pepper chopped
- 1 1/2 red bell pepper chopped
- 1/2 onion chopped
- 2 corn cobs chopped into chunks, approx three chunks per cob
- 1/2 tablespoon salt
- 1 tablespoon margarine
- 1/2 teaspoon brown sugar
- 1/2 cup whole kernel corn
- 1 hot pepper optional
- 3 cups milk
- dumplings recipe here

Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 74 grams
3. Cholesterol: 40 milligrams
4. Fat: 10 grams
5. Fiber: 9 grams
6. Protein: 21 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 1370 milligrams
9. Sugar: 23 grams
10. TransFat: 0.5 grams

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