

Sweet Corn Soup with Roasted Corn Guacamole

Yield: 4 min
Total Time: 60 min

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

Ingredients:

- 3 ears sweet corn kernels fresh, removed. 2 cups.
- 1 tablespoon olive oil
- salt
- fresh ground black pepper
- 2 tablespoons onion sweet or Vidalia, chopped
- 2 tablespoons cilantro fine chopped
- 1 lime zest and juice
- 1 jalapeno seeded, deveined and fine chopped
- 1 avocado pitted and chopped
- corn soup
- 5 ears sweet corn
- 3 cups frozen corn
- 2 tablespoons olive oil
- 1 clove garlic crushed
- 1/2 onion sweet or Vidalia, chopped
- 1 jalapeno stemmed, deveined, seeded and chopped
- 6 cherry tomatoes chopped
- ground pepper
- salt
- 1 1/2 cups chicken broth add more if soup is too thick
- cilantro sprigs for garnish, optional
- 1/2 teaspoon new mexico red chile powder for garnish, optional

Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 60 grams
3. Fat: 21 grams

4. Fiber: 12 grams
 5. Protein: 11 grams
 6. SaturatedFat: 2.5 grams
 7. Sodium: 460 milligrams
 8. Sugar: 10 grams
-

Thank you for visiting our website. Hope you enjoy Sweet Corn Soup with Roasted Corn Guacamole above. You can see more 15 mexican corn chowder soup recipe Cook up something special! to get more great cooking ideas.