

# Spicy Roasted Corn and Poblano Soup

Yield: 4 min  
Total Time: 55 min

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

## Ingredients:

- 6 ears sweet corn uncooked
- 2 poblano peppers roasted
- 2 tablespoons olive oil
- 4 tablespoons unsalted butter divided
- 1 sweet onion diced
- 3 garlic cloves minced
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1 cup low sodium chicken stock
- 2/3 cup half and half
- sliced green onions for garnish, optional
- tortilla chips for serving

## Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 45 milligrams
4. Fat: 25 grams
5. Fiber: 1 grams
6. Protein: 4 grams
7. SaturatedFat: 11 grams
8. Sodium: 650 milligrams
9. Sugar: 4 grams

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