

# Mexican Sweet Corn Soup

Yield: 6 min  
Total Time: 40 min

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

## Ingredients:

- 4 tablespoons olive oil
- 1 onion large, chopped
- 1 jalapeno minced
- 1 large tomato peeled and diced
- 3 cloves garlic crushed
- 2 tablespoons tapioca flour
- 2 tablespoons ground cumin
- 4 cups broth veggie
- 6 cups sweet corn
- 1 tablespoon coconut sugar
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 400 grams coconut milk can of
- 3 tablespoons fresh cilantro chopped
- 1 jalapeno sliced
- 1 cup vegan cream cheese optional
- vegan bacon
- 1/2 block tofu extra firm smoked, sliced into strips
- 1 tablespoon olive oil
- 1 teaspoon smoked paprika

## Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 44 grams
3. Fat: 32 grams
4. Fiber: 7 grams
5. Protein: 13 grams
6. SaturatedFat: 16 grams
7. Sodium: 960 milligrams

8. Sugar: 10 grams

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