

# Sweet Corn vegetable soup

Yield: 4 min  
Total Time: 30 min

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

## Ingredients:

- 5 beans finely cut
- 1 carrot finely chopped
- 1 onion shredded into small pieces
- 1 bowl sweet corn kernels
- 2 teaspoons olive oil
- 1 tablespoon cornflour
- 3 1/8 cups water
- salt to taste
- 1 teaspoon pepper powder

## Nutrition:

1. Calories: 45 calories
2. Carbohydrate: 6 grams
3. Fat: 2.5 grams
4. Fiber: 1 grams
5. Protein: 1 grams
6. Sodium: 220 milligrams
7. Sugar: 2 grams

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