

India

# Ginger Pepper Sweet Corn Soup



**NOURISH**  
BY STANFORD CARE



Have you tried sweet corn from a can? They can be a yummy and time-saving alternative if you do not have time to make fresh corn. Can vegetables are typically harvested when they are ripe, and can be quite tasty.



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20 MINUTES | SERVES 4

## INGREDIENTS

3 cups water	1 tbsp cornstarch
1 cup frozen mixed carrots, green beans, and peas	2 green onions chopped
1/2 cup corn	3/4 tsp salt
1/2 cup pureed corn	1/2 tsp black pepper
1 tbsp of unsalted butter	1 tsp of chopped ginger

## INSTRUCTIONS

1. Peel ginger root, and mince finely. Combine cornstarch with water to make a slurry.
2. Heat butter in a saucepan. Add frozen mixed carrots, green beans, and peas. Sauté briskly.
3. Add chopped ginger, white parts of green onions, salt and pepper. Sauté for 2 to 3 minutes stirring frequently.
4. Add canned pureed corn and water, and bring to a boil. Simmer for 5 to 7 minutes to develop flavors.
5. Add cornstarch slurry and stir well to mix. Bring to a boil and simmer for 2 minutes.
6. Serve with chopped green onions on top.

*This recipe is kitchen-tested by Chef Irfan Dama and nutritionally approved by Stanford CARE registered dietitian, Lily Phan.*