

# Capital Recipe

Join Our Chef on the Drivetime show every Thursday from 6pm in "Foodie Thursday".



## Sweetcorn Soup

Serves 4 - or 3 very hungry people.

A silky tasting soup, packed full of delicious sweetcorn that tastes creamy without any dairy. Adapts brilliantly to a vegan version. No need to be too precise with ingredients.

### **Ingredients**

1 large onion, finely chopped

2 sticks of celery

2 tablespoons of olive oil

Approx. 100-150g salami/sujuk/bacon, chopped (optional & without it the soup can be vegan)

400-450g bag of frozen sweetcorn

1 stock cube or a litre of stock (chicken or vegetable)

Black pepper

### **Method**

Gently sauté the onion and celery in the oil until softened.

Add in the meat, if using, and sauté for a few minutes.

Add all the frozen sweetcorn. Add the stock or stock cube and water. If you are using a standard stock cube, no need to add salt. A few good grinds of fresh black pepper.

Let it all simmer for 10 minutes.

Remove a large cupful of the mix and blend the rest until smooth. Add in the reserved mix which gives it a bit of texture.

Serve with a sprinkle of paprika (definitely a good idea for the vegan/vegetarian version) and some chopped parsley.

Eat loads without any guilt!