

Red and Green Tomato with Corn Soup

Nutritional information on back.



Fold or cut here to fit in recipe box.

Red and Green Tomato with Corn Soup

2 Tbsp. olive oil
1 onion, chopped
1 clove garlic, minced
1½ tsp. ground cumin
4 red tomatoes, chopped
4 green tomatoes, chopped
1½ cups fresh corn kernels
7 cups vegetable broth
Salt and pepper to taste

In a stockpot, heat oil over medium heat. Add onions and garlic and sauté until translucent. Stir in the cumin, tomatoes and corn. Cook over medium heat for 5 minutes. Add vegetable broth, stir and reduce heat to low. Cook until heated through. Salt and pepper to taste. Serves 4 - 6.



Nutritional information per serving

182 calories, 7.2 g total fat, 0 g cholesterol