

Fresh for kids™ Sweetcorn & egg soup



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Ingredients:

- 1 tbs olive oil
- 1 garlic clove, crushed
- 1 small onion, chopped
- 2 medium Desiree potatoes, peeled and diced
- 5 cups chicken stock
- 3 sweetcorn cobs, kernels removed
- Salt and ground black pepper
- 1 egg, lightly beaten
- Grated reduced fat tasty cheese, to serve

Method:

1. Heat oil in a large saucepan over medium heat. Add garlic and onion and cook, stirring often, for 3–4 minutes or until onion is just soft.
2. Add potatoes to pan and cook, stirring often, for 5 minutes or until potatoes begin to soften. Pour in stock and add corn kernels. Bring to the boil, stirring occasionally. Reduce heat to low, cover and cook, stirring occasionally, for 15–20 minutes or until potato is tender.
3. Puree or process mixture until smooth. Heat soup over medium heat and season with salt and pepper to taste. Stir eggs through soup, stirring constantly until slightly thickened. Spoon soup into bowls and serve topped with grated cheese.

Health benefits:

Sweetcorn

- Excellent source of folate and potassium
- Good source of iron
- Moderate source of vitamins B1 and C
- Extremely high in fibre. High fibre food choices help promote regular bowel activity
- Good source of carbohydrate
- Low GI providing sustained energy

Serves: 4–6 kids

Preparation: 25 minutes

Cooking: 30–35 minutes

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