

Potato Corn Soup

Just Say Yes to Fruits and
Vegetables

An easy weeknight dinner to keep you warm this winter!



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Potato Corn Soup

Serves 5 ▪ Serving: 2 cups

Just Say Yes to Fruits and Vegetables

Potatoes are a great source of fiber, which helps with digestion and lowers cholesterol!

Ingredients:

- 1 tablespoon oil
- 1 chopped onion
- 3 cups diced potatoes
- 2 cups low sodium broth
- 1 cup low fat milk
- 1½ cups corn
- Salt and pepper, to taste

Directions:

1. In a large pot, heat oil over medium heat. Add onions and cook until soft.
2. Add potatoes, broth, and 1 cup water. Bring to a boil.
3. Lower heat and simmer for 30 minutes.
4. Stir until smooth. Use the back of a spoon or fork to mash some of the potatoes.
5. Add milk and corn. Reheat for 10 minutes. Serve hot and enjoy!
6. Refrigerate leftovers.

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