



## Sweet Corn and Pepper Soup



Serving Size: 1 cup

Servings: About 2

### Ingredients:

1 cup low sodium chicken broth

1 cup frozen pepper and onion stir-fry mix (or any other frozen vegetables)

1 cup frozen or canned corn kernels

3/4 cup fat-free or low fat milk

Salt and pepper to taste.

Dash of paprika (optional)

2 T reduced-fat shredded cheddar cheese

½ cup mashed white beans, optional, to thicken

### Directions:

1. In a medium saucepan, bring the broth to boil over high heat. Add the pepper mix and return to a boil. Reduce the heat, cover tightly, and simmer 15 minutes or until tender.
2. Add the corn, milk, salt, pepper, and paprika. Increase the heat to high, bring just to a boil, and remove from heat.
3. Top with cheese, cover, and let stand 5 minutes to melt cheese and develop flavors.

