Thompson Potato Farm

Curry Sweet Corn Soup

From the kitchen of BJ Thompson

Note** **Frozen sweet corn is ideal for this recipe. If you forgot to freeze some this summer, you can substitute with canned or frozen corn from the grocery store instead.**

Note** **If you want to add some heat, use finely sliced red chili peppers for garnish. If you want to add some sweet, use slivered red bell peppers for garnish.**

2 T	olive oil
1½ C	cooking onion, diced
3 T	minced garlic
2 t	curry powder
1 t	salt
½ t	pepper
6 C	vegetable or chicken stock
4 C	white potatoes, peeled and cubed
5 C	corn kernels
	red bell peppers or red chili peppers for garnish

1. Heat the olive oil in a large pot. Add the cooking onions. Cook over medium heat for about 5 minutes until the onions are softened but not browned. Stir often.

2. Add the garlic and cook for one minute.

3. Add the curry powder, salt and pepper. Stir well until the onions are evenly coated with the spices.

4. Add the vegetable stock and potatoes. Bring to a boil. Reduce heat to low and simmer uncovered for 20-25 minutes until the potatoes are fork tender.

5. Coarsely mash or puree the soup. Add the sweet corn. Continue cooking uncovered on low heat for another 5-10 minutes until the sweet corn is warmed through.

6. Garnish with <u>either</u> slivered red bell peppers or finely diced red chili peppers.