



CREAMY CORN SOUP

INGREDIENTS:

Corn kernels or pureed corn
Half an onion, finely chopped
2 cloves garlic, finely chopped
2tbsp chopped parsley

1tbsp olive oil
500g QFS Sauce
Salt, pepper

METHOD:

Prepare corn as desired.

Peel and finely chop the onion, garlic and parsley.

Heat the olive oil in a large saucepan over medium heat, add onion, garlic and parsley. Sautee until tender.

Add corn to pan and mix.

Add 500g of pre-heated QFS Sauce and stir until well mixed.

Continue to heat and stir until the sauce is well heated. Season with salt and pepper to taste.

NOTES:

- *Alternatively, dry vegetable stock can be added to increase the flavour if desired.*
- *Soup can be extended with the addition of milk, corn juice or water to achieve desired viscosity.*