

GET INTO SOUP MODE WITH ROASTED CORN RECIPE

MIXED WITH ONIONS, CELERY AND CAULIFLOWER, THIS SOUP IS AS HEALTHY AS IT IS HEARTY, WRITES AMY STOPNICKI



AMY STOPNICKI
Column

the corn to bring out the natural sugars, using it as a base for my soup. It is easy, hearty and delicious. Hope you enjoy it!

ROASTED CORN SOUP

INGREDIENTS

- 4 cups corn niblets
- 2 tbsp canola oil
- Salt to taste
- 1 onion, chopped
- 2 stalks celery, chopped
- 1/2 head of medium cauliflower, broken into small pieces

INSTRUCTIONS

1. Heat oven to 425°F.
2. Put corn on a roasting pan

and toss with 1 tbsp oil and salt.

3. Cook for 20 to 25 minutes or until thoroughly cooked.

4. Heat remaining oil in a stock pot to medium high heat.

5. Sauté onion until golden, add celery, cauliflower, roasted corn and water.

6. Bring to a boil and simmer for 30 minutes or until thoroughly cooked.

7. Use an immersion blender and blend until desired consistency is reached.

York Region resident Amy Stopnicki is an award-winning cookbook author, event planner, food blogger and mother of four. You can find her on Instagram at @amystopnicki or email her at amy.stopnicki@gmail.com.



Amy Stopnicki photo

Corn is a versatile vegetable, and this soup recipe is the perfect way to keep warm this winter.

FOOD&DRINK

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