

# Sweetcorn Soup

**For 3-4 people:**

1/8 pat of butter, or dessert-sized spoon coconut oil, or slosh of olive oil,

1 – 2 tins sweetcorn,

1 large or two medium sized white onions, chopped quite small,

Couple of cloves of garlic if wanted, finely chopped,

2 pints of chicken stock, (or use 2 chicken/vegetable stock cubes in 2 pints water),

2 tablespoons lemon juice,

Shake of dried parsley or handful leaves fresh parsley roughly chopped,

Salt and pepper,

Optional: teaspoon of mild or medium chilli powder, also cream or sour cream,

-----

Heat the butter (or coconut oil or olive oil) in a large saucepan or casserole pot,

Cook the onions on a low heat until translucent,

Add in the tin or tins of sweetcorn, plus the teaspoon chilli powder if wanted,

Add the garlic just for a minute or so, and stir,

Pour in the stock, salt and pepper and simmer for 10-20 minutes,

Put two-thirds of the soup into a blender and whizz to a puree,

Add back into the pan with the remaining third of the soup,

Warm again, add in the lemon juice, and pour into bowls,

Swirl a spoon of cream or sour cream on the top,

Serve with rolls, or toast, or flatbread, or oat biscuits...