

Sweet Fresh Corn Soup with Mushrooms and Spinach Pesto

Tarla Fallgatter, cooking instructor, 2012



The oil is divided between the mushrooms and the pesto.

- 3 cups corn kernels (from about 9 ears)
- 1 1/2 cups chicken stock
- 3 tablespoons heavy cream (optional)
- Salt and freshly ground black pepper to taste
- 1 cup baby portobello mushrooms, stemmed, cut in 1/2" slices
- 1/2 cup olive oil, a citrus flavored oil is fine too, divided use
- 1 1/2 cups fresh spinach
- 2 cloves garlic, crushed

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 6

If you don't have mushrooms, red bell peppers could be used instead.

1. In a blender or food processor puree the corn kernels with about 1/2 cup of chicken stock until it's smooth. Set aside.
2. In a medium saute pan over high heat add 1-2 T. of olive oil. Add mushroom slices and saute until tender. Set aside.
3. Heat 1-2 T. olive oil in a medium saute pan over medium heat; Add the garlic and stir for 1 minute. Add the spinach, coarsely chopped, and saute for a few minutes, just until the spinach is wilted. Transfer to a blender and add 4-6 T. olive oil and process until smooth. Season the spinach pesto with salt and pepper to taste.
4. Heat the corn puree and heavy cream in a large pan and as soon as it is sufficiently hot, pour servings into bowls (only about 1/2 cup per serving). Meanwhile, reheat the mushrooms and place them in the middle of the soup, then drizzle the top with the spinach pesto.

Per Serving (excluding unknown items): 269 Calories; 21g Fat (68.1% calories from fat); 4g Protein; 19g Carbohydrate; 3g Dietary Fiber; 10mg Cholesterol; 551mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Vegetable; 0 Non-Fat Milk; 4 Fat.