Creamy Corn & Vegetable Soup

Yield: 6 servings, 1½ cup each  
Total Time: 25 minutes

Ingredients
2 cups nonfat milk  
4 cups fresh corn kernels or 2 (10-ounce) packages frozen, thawed  
1 Tbsp olive oil or canola oil  
1 large onion, diced  
1 medium red or green bell pepper, seeded and diced  
1 medium zucchini, diced  
2 cups low-sodium chicken or vegetable broth  
2 plum tomatoes, seeded and diced  
½ tsp salt  
Black pepper, to taste  
Optional: ½ cup fresh basil leaves, cut into ribbons

Preparation Instructions
1. Put the milk and 2 cups of the corn into a blender or food processor, until smooth. Set aside.
2. Heat the oil in a large soup pot over a medium-high heat. Add the onion, bell pepper, and zucchini and cook, stirring until the vegetables are tender, about 5 minutes.
3. Add the remaining 2 cups of corn and the broth and bring to a boil.
4. Add the pureed corn and tomatoes and cook until warmed through, but not boiling.
5. Season with salt and pepper. Serve garnished with the basil ribbons.

Nutrition Analysis
Per serving: 190 calories; 3.5g fat (0.5g saturated, 0g trans); 0mg cholesterol; 270mg sodium; 35g carbohydrate (5g fiber, 11g sugar); 9g protein.  
Vitamin A 25%, Vitamin C 70%, Calcium 10%, Iron 6% Daily Value.

Cost
Per serving: $1.17  
For all ingredients: $14.13