

Let's Cook our Commodities!

Dry Milk Corn Soup

Ingredients

For the "Eating Smart" Mix:

- 2 cups non-fat dry milk powder
- ½ cup corn starch
- 1 tsp. black pepper
- 1 Tbsp. garlic powder
- 1 tsp. onion powder
- 2 Tbsp. dried parsley (optional)

For the Corn Soup:

- 1 Tbsp. canola or vegetable oil
- ½ yellow onion, diced
- 2 cloves garlic, minced
- 1 can (15 oz.) whole kernel corn with liquid
- 3 cups low-sodium chicken broth
- 1¼ cup "Eating Smart" mix (see above)
- ½ tsp. black pepper
- 1 cup lite coconut milk

Makes
6 servings

Prep Time
5 minutes

Cook Time
10 minutes

Good Source of
Calcium
Protein



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Nutrition Facts

6 servings per container
Serving size 1 cup (293g)

Amount per serving
Calories 170

	% Daily Value*
Total Fat 6g	8%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 95mg	4%
Total Carbohydrate 22g	8%
Dietary Fiber 2g	7%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 134mg	10%
Iron 1mg	6%
Potassium 405mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions

1. Prepare the "Eating Smart" mix first by combining the dry milk powder, corn starch, black pepper, garlic powder, dried onion, and dried parsley. Mix well, and store in an airtight container or gallon-sized freezer bag. Store at room temperature for up to two months, or in a freezer for up to a year.
2. To make corn soup: In a large pot over medium heat, add oil and sauté onions and garlic until fragrant, about 2 to 3 minutes.
3. Add corn with its liquid and the chicken broth, and mix well.
4. Gradually add the "Eating Smart" mix a little at a time while constantly stirring or whisking to prevent lumps. Continue until all the "Eating Smart" mix is incorporated well.
5. Bring to a boil, lower heat and let simmer. Add black pepper and coconut milk and let simmer an additional 5 minutes.
6. Serve hot. Refrigerate any leftovers.

