



Sweet Corn Chicken Soup



Sweet Corn Chicken Soup

Introduction

Sweet Corn Chicken Soup is a delightful and comforting dish that warms you up from the inside out. Perfect for chilly days or when you're feeling under the weather, this recipe combines tender chicken, sweet corn, and a variety of flavorful ingredients to create a deliciously satisfying meal. It is quick to prepare and can be enjoyed as a cozy dinner or a hearty lunch.

Detailed Ingredients with measures

Chicken breast: 1 pound, diced
Sweet corn: 1 can (15 oz), drained
Chicken broth: 4 cups
Onion: 1 medium, diced
Garlic: 3 cloves, minced
Carrots: 2, diced
Celery: 2 stalks, diced
Soy sauce: 2 tablespoons
Cornstarch: 2 tablespoons (for thickening)
Salt: to taste
Pepper: to taste
Green onions: for garnish

Prep Time

10 minutes

Cook Time, Total Time, Yield

Cook Time: 20 minutes

Total Time: 30 minutes

Yield: Serves 4-6



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Detailed Directions and Instructions

Step 1: Prepare Chicken

Begin by cooking the chicken. You can either boil, bake, or chop up leftover cooked chicken.

Step 2: Sauté Vegetables

In a large pot, heat oil over medium heat. Add chopped onions and cook until they start to soften. Then, add minced garlic and cook for an additional minute.

Step 3: Add Corn

Stir in the sweet corn and allow it to cook with the onion and garlic mixture for a few minutes.

Step 4: Include Broth

Pour in chicken broth, bringing the mixture to a boil. Let it simmer gently for about 10 minutes.

Step 5: Incorporate Chicken

Add the prepared chicken to the pot, mixing it well with other ingredients.

Step 6: Season the Soup

Season the soup with soy sauce, salt, and pepper to taste.

See also [Pumpkin Cake](#)

Step 7: Thicken the Soup

To thicken the soup, you can mix cornstarch with a bit of water and add it to the pot, stirring continuously until desired consistency is reached.

Step 8: Finish with Green Onions

Lastly, garnish with chopped green onions before serving.

Notes

Note 1: Chicken Preparation

Using pre-cooked chicken can save time.

Note 2: Corn Variations

Fresh, frozen, or canned corn can all be used in this recipe.

Note 3: Broth Option

Low-sodium chicken broth can be used for a healthier version.

Note 4: Spice Level

Feel free to add spices like red pepper flakes for a spicy kick.

Note 5: Storage

This soup can be stored in the refrigerator for up to three days.



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Cook techniques

Chopping Ingredients

Properly chop your vegetables and chicken to ensure even cooking and a consistent texture throughout the soup.

Sautéing

Sauté the onions and garlic in a bit of oil to enhance their flavors before adding the other ingredients.

Simmering

Simmer the soup to allow the flavors to meld together beautifully and ensure that everything is cooked through.

Blending

Blend part of the soup if you prefer a creamier texture, while keeping some whole ingredients for added consistency.

Seasoning

Season the soup appropriately with salt, pepper, and any additional spices to enhance the overall flavor profile.

FAQ

Can I use frozen corn instead of fresh corn?

Yes, you can substitute frozen corn for fresh corn without affecting the flavor of the soup.

How can I thicken the soup?

You can thicken the soup by adding cornstarch mixed with water, or by blending a portion of the soup and returning it to the pot.

See also [Sour Cream Noodle Bake](#)

Can I make this soup in advance?

Yes, this soup can be made in advance and stored in the refrigerator for a few days, or frozen for longer storage.

What can I serve with this soup?

This soup pairs well with crusty bread, a fresh salad, or can be served as a starter before a main dish.

Is this soup gluten-free?

Yes, as long as you use gluten-free broth and make sure any other ingredients you use are also gluten-free.



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Conclusion

This sweet corn chicken soup is a delightful combination of flavors and textures, perfect for a cozy meal. It's not only easy to prepare but also satisfies the palate with its creamy consistency and comforting ingredients. Enjoy this hearty soup any day of the week, as it is both nutritious and delicious.

More recipes suggestions and combination

Spicy Tortilla Soup

Transform your soup into a southwestern delight by adding some diced jalapeños, black beans, and crispy tortilla strips for a spicy kick.

Mushroom Barley Soup

Replace the chicken with mushrooms and add barley for a hearty, earthy flavor that appeals to vegetarian tastes.

Thai Coconut Chicken Soup

Infuse your soup with Thai flavors by incorporating coconut milk, lemongrass, and lime juice for a refreshing twist.

Vegetable Quinoa Soup

Add a variety of colorful vegetables and quinoa to create a vibrant and nutritious dish that's both filling and healthy.

Chicken and Dumpling Soup

Enhance the recipe by adding fluffy dumplings made from biscuit

dough, creating a comforting and traditional meal option.



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