

HUGS BROTH™

Summer Corn Soup with Roasted Peppers



Ready in **75 minutes**

Serves **6 people**

Ingredients

- 2 poblano peppers (sub bell for non-spicy)
- 1 tbsp coconut or olive oil
- 1 onion, chopped
- 1 tsp fresh oregano
- 1 tsp fresh thyme
- 4 ears of local corn, kernels removed from the cob, cobs broken in half and reserved
- 6 cups Hugs chicken bone broth (or sub with Hugs vegetable broth)
- 1 small handful of cilantro
- Salt and pepper to taste





Preparation

1. Over an open flame on your stove or under the broiler, roast the peppers, turning constantly with tongs, until they turn black all around. Place them in a bowl, cover them, and set them aside.
2. In a large, heavy-bottomed pot, heat the oil. Saute' the onions with the oregano and thyme. When the onions are very soft, after about 10 minutes, add the corn kernels and saute for another 5-10 minutes. Add the broth and the reserved cobs. Bring to a boil, reduce heat, and simmer for 20-30 minutes to blend the flavors.
3. In the meantime, rub off the burned skin of the peppers (it's easy if you use a paper towel). Discard the seeds and the cores of the peppers and chop the flesh. Remove the soup from the heat, discard the cobs, and allow the soup to cool a little.
4. Using a slotted spoon, skim out about half of the corn kernels; set aside. Blend the soup until creamy. Return the reserved kernels to the soup along with the roasted peppers and cilantro. Season with salt and pepper to taste.

Enjoy!