

WEEK 7 Cream of Corn Soup



Cream of corn soup is perfect for any dinner. Our Silken Tofu will give the soup a rich creamy texture while absorbing the flavour from the other ingredients.

INGREDIENTS:

- 1 Superior Silken or Egg Silken, or soft Tofu
- 1 can Cream of Corn Soup
- 1 cup Veggie Stock or Water
- 1 cup Bell Peppers, diced
- 1/2 tsp Salt & Pepper
- 1 Stalk of Chives/green onions, chopped
- 1/4 cup Optional: Crab meat, shredded

In a blender, puree tofu/Silken with stock (or water).

Add Corn and mix by hand.

Transfer to a pot and add vegetables and hat over medium heat until simmering, stir occasionally.

Optional: add shredded Crab Meat.

Add Salt and Pepper to taste.

Garnish with chopped chives or green onions if desired.

Makes 4 - 6 servings

SUPERIOR



TOFU

TOFU TIP

If you notice a thin film on the surface of soymilk, it is OKARA. OKARA is nutritious and full of protein. It is even used in some traditional Japanese, Korean and Chinese dishes. For more tofu tips and recipes, visit us at <http://superiortofu.com/sections/recipes>.