



Ingredients

Makes 6 cups
Approx. 6 servings

Make a Broth

3 ears of corn
1 tsp. salt
4 cups water

Dice Vegetables & Build Flavor

½ sweet onion (1 cup)
½ bunch of celery, with leaves
(2 cups)
3 cloves of garlic

Blend and Enjoy

½ tsp. garlic salt
½ tsp. cumin
¼ cup milk
2 Tbsp. plain Greek yogurt
cracked pepper, to taste

*Photo Borrowed from:
www.feastingathome.com

Directions

In a small saucepan, bring water to a boil. Shuck the corn and break in half. Cook in boiling water for about 5 minutes, and then cut the kernels off. Put the cobs back into the water and let boil for at least 20 more minutes.

Chop the onion and celery into similar sizes of about ¼ inch x ¼ inch. Finely mince the garlic. Sauté the onions and celery for about 10 minutes until translucent, then add the garlic and corn kernels. Cook on medium for 5 more minutes.

Remove the cobs from the broth and let cool. Use a spoon and your hands to squeeze remaining moisture and flavor from the corncobs and into the broth. Remove from heat.

Mix the vegetables, corn broth, garlic salt, cumin, milk, and Greek yogurt in a blender until smooth. Add cracked black pepper to taste. Reheat in a saucepan and serve.



Creamy Corn & Celery Leaf Soup

Amount	8 oz. (1 cup)
Calories	70
Fat (g)	1
Sat. Fat (g)	0
Carb. (g)	12
Fiber (g)	3
Protein (g)	2
Gluten Free	

For Sport Nutrition Questions, contact:

Shawn Hueglin, PhD, RD, CSSD
(714) 277-5378
Shawn.Hueglin@usoc.org

Elizabeth Broad, PhD, AdvSpDiet
(619) 482-6139
Elizabeth.Broad@usoc.org

Liz Fusco, MS/MS Candidate
(707) 331-2981
Liz.Fusco.nutr@gmail.com



Food Fact

This soup is meant to have a delicate and sweet flavor, which also makes it work as a very flavorful sauce for foods like spaghetti, eggs, whole meats, and baked potatoes.

Dark green celery and its leaves are rich in nitrates, which can cause blood vessels to dilate and increase oxygen delivery to tissues, enhancing recovery and performance. Fresh corn is rich in lutein and zeaxanthin, which are carotenoid pigments that are essential to eye health.

Cooking Tips

Serve with a turkey sandwich made on a crusty piece of whole grain bread.

Make the soup more substantial by adding cooked chicken sausage, baked fish, or grilled meat.

If you have access to a food processor or an immersion blender, use them instead of a blender for an extra creamy soup!