

# Creamy Corn and Celery Leaf Soup

## Ingredients

Preparation time: 30 minutes

Servings: 6

Cost: \$

### Make a Broth

3 ears of corn  
1 tsp. salt  
4 cups water

### Dice Vegetables

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

### Build Flavor

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

\*Photo borrowed from:  
[www.feastingathome.com](http://www.feastingathome.com)

## Directions

1. In a small pot, 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.

2. 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 low for 5 more minutes.

3. 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.

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



### Cost per serving:

\$ = < \$5, \$\$ = \$5-10, \$\$\$ = > \$10

### 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

Allergen info: Gluten free

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## Cooking Tip

Make this soup more substantial by adding cooked chicken sausage, baked fish, or grilled meat. Alternatively, serve with a turkey sandwich made on a crusty piece of whole grain bread. If you have access to a food processor or an immersion blender, use either one instead of a blender for an extra creamy soup.

## Performance Facts

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 maximal exercise performance. Fresh corn is rich in lutein and zeaxanthin, carotenoid pigments that are important to eye health.