



CARIBBEAN CORN SOUP

Ah Taste of Home, tailored for your kidneys. Featuring familiar flavors and a cultural twist while keeping kidney health in focus.

 15 minutes 40 minutes 4 portions

INGREDIENTS

- 1/2 tablespoon of oil, olive [9 g] **or** 1 tsp of oil, avocado [5 g]
- 1 regular sized wrap filling of onion, spring, raw [14 g]
- 1 small stalk [5" long] of celery, raw [17 g]
- 2 cloves of garlic, raw [6 g]
- 1 tsp of thyme, fresh [1 g]
- 2 ears, yields of corn, sweet, yellow, frozen, kernels on cob, unprepared [250 g]
- 1/2 cup of green Banana [fig] [Lauki] [100 g]
- 1/2 cup [1" cubes] of pumpkin, raw [58 g] **or** 1/2 cup, cubes of sweet potato, raw, unprepared [67 g]
- 2 large springs of coriander [chadon beni] leaves, fresh [2 g] **or** 1 tbsp of parsley, fresh [4 g]
- 1/4 teaspoon of turmeric, ground [1 g]
- 2.5 cups of soup, vegetable broth, ready to serve [553 g] **or** 2.5 cups [16.9 fl oz] of spring Water [630 g]
- 1 whole unit of pimento [66 g]
- 1/2 cup of beverages, almond milk, unsweetened, shelf stable [131 g]
- 1/2 tsp, ground of spices, pepper, black [1 g]
- 1 fl oz of lime juice, raw [31 g]

COOKING METHOD

- 1° Heat oil in a medium pot over medium heat.
- 2° Add onions, celery, garlic, thyme, and turmeric or curry powder. Sauté until fragrant [about 3–5 minutes].
- 3° Add corn, pumpkin [or sweet potato], and green fig if using. Stir well to coat.
- 4° Pour in broth and bring to a boil. Reduce to simmer and cook for 20 minutes or until all veggies are tender.
- 5° Remove about half the soup, blend, and return to pot for creaminess.
- 6° Stir in almond milk and let simmer another 5 minutes.
- 7° Add black pepper and chadon beni or parsley.
- 8° Serve warm with a squeeze of lime for a burst of island flavor.
- 9° Pair with a slice of boiled or roasted breadfruit [small portion] for a hearty Caribbean lunch that's still CKD-friendly.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (242 g)	% DRI
ENERGY	52 kcal	127 kcal	6 %
FAT	1 g	3 g	4 %
FATTY ACIDS, TOTAL SATURATED	0 g	0 g	2 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	101 mg	244 mg	10 %
CARBOHYDRATE	11 g	26 g	9 %
SUGARS	2 g	4 g	–
FIBER	1 g	3 g	13 %
PROTEIN	1 g	3 g	–