

Trini Corn Soup

Serves: 6

Prep time: 15 minutes

Cook time: 60 minutes



3 serves per portion

Ingredients

2 tablespoon olive oil
1 onion, diced
2 chives, sliced
2 cloves of garlic, finely chopped
2 celery stalks, diced
¾ cup split peas
1 capsicum, diced
1 sweet potato, peeled and diced
¼ cup coriander, chopped *(optional)*
1 teaspoon black pepper, ground
300ml vegetable stock, reduced salt
300ml water
400ml can coconut milk, reduced fat
5 cobs of corn, sliced into 4 pieces
400g can corn kernels, drained
1 carrot, diced
1 cup pumpkin, peeled and diced
1 habanero chilli, whole *(optional)*

Method

HEAT olive oil in a large saucepan or soup pot over medium heat.
SAUTÉ onion, chives, garlic, and celery until soft and translucent.
ADD split peas, capsicum, sweet potato, coriander, black pepper, vegetable stock and water and stir to combine.
BRING to the boil then reduce to simmer for 30 minutes or until the split peas are soft.
BLEND the soup mixture with a stick mixer.
ADD coconut milk, cobs of corn, corn kernels, carrots, pumpkin, and whole habanero chilli *(optional)*. Simmer for another 20 minutes on low heat.
REMOVE the habanero chilli before serving.



Everyday Food

Recipe courtesy of the Country Kitchens 2023 Country of Study Recipe Collection – Trinidad and Tobago