



Fresh Corn & Mushroom Soup

with Feta, Scallions & Pumpkin Seeds



30-40min



2 Servings

There is no better time for fresh corn than in the summer. In this recipe, it's used to create an elegant soup topped with a delightful combination of ingredients: toasted pumpkin seeds, salty feta, crisp scallions, and sautéed mushrooms for depth and great texture. We simmered the corn cobs along with the kernels to provide the soup with even more flavor.

What we send

- 4 ears of corn
- 1 medium red onion
- garlic
- 1 pkt vegetable broth concentrate
- ½ lb baby bella mushrooms
- ¼ oz smoked paprika
- ¼ oz fresh parsley
- 1.4 oz feta cheese ⁷
- 1 oz pumpkin seeds

What you need

- butter ⁷
- kosher salt & ground pepper
- olive oil

Tools

- medium pot
- large skillet
- immersion blender (or blender or food processor)

Allergens

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 510kcal, Fat 34g, Carbs 41g, Proteins 14g



1. Prep corn

Lay **corn** flat on a cutting board, then use a sharp knife to carefully cut corn kernels from cobs (save cobs for step 3). Finely chop **onion**. Finely chop **2 teaspoons garlic**.



2. Cook aromatics

Melt **1 tablespoon butter** in a medium pot over medium heat. Add **chopped garlic** and **all but 2 tablespoons of the onions** (reserve remaining onions for step 6). Cook, stirring, until softened but not browned, about 5 minutes. Season with **salt** and **pepper**.



3. Make soup

To same pot, add **corn kernels and cobs**, **broth concentrate**, **2 cups water**, and **1 teaspoon salt**. Bring to a boil over high heat, then reduce heat to medium and simmer until corn is very tender, 15-20 minutes.



4. Sauté mushrooms

While **soup** simmers, trim stems from **mushrooms**, then thinly slice caps; discard stems. Heat **2 tablespoons oil** in a large skillet over medium-high. Add mushrooms and stir to coat in **oil**. Season with **1 teaspoon smoked paprika** and **a pinch of salt**. Cook, stirring occasionally, until mushrooms are golden and tender, 6-8 minutes. Season to taste with **pepper**.



5. Blend soup

Remove and discard **corn cobs** from pot. Use an immersion blender (or regular blender or food processor) to purée **soup** until very smooth, 1-2 minutes. Season to taste with **salt** and **pepper**. Add **water**, 1-2 tablespoons at a time, to reach desired consistency.



6. Blend soup & serve

Coarsely chop **parsley leaves and stems**. Ladle **soup** into bowls, then top with **mushrooms**, **crumbled feta**, **parsley**, **pumpkin seeds**, and **reserved chopped onions**. Enjoy!