

Healthy Budget-Friendly Meals

Zucchini and Corn Soup

Ingredients

2 tablespoons canola oil
1 medium onion, chopped
3 cloves garlic, chopped
4 medium zucchini, sliced
1 medium green pepper, chopped
6 cups reduced salt chicken broth
2 cans (15 ounces) yellow corn
1 teaspoon ground cumin

Directions

1. Cook onion in oil in large saucepan over medium-high heat until onion starts to soften, about three minutes. Add garlic and cook 1 minute.
2. Add zucchini and green pepper to onion mixture and cook over medium heat for 5 minutes, stirring occasionally.
3. Add remaining ingredients to saucepan. Bring to a simmer, reduce heat to low and cover. Cook over low heat until heated through and vegetables are tender, but not mushy, about 20 minutes.

Makes 8 servings

Source: University of Maryland Extension: Eat Smart, Be Fit Maryland

For more recipe ideas and meal planning tips, go to www.eatsmart.umd.edu.

Did you know?

- Zucchini –or summer squash – is in season during July and August. Look for it at your local farmers' market.
- When shopping for canned vegetables like corn, try to find brands that say “no salt added.” You could also use frozen corn in this recipe instead.
- Soups like this one are a great option for older adults who may have trouble chewing some foods.

Nutrition Knowledge – Vitamin C

Vitamin C helps keep your skin and gums healthy. When eaten together, foods high in vitamin C can help your body absorb more iron from foods like beans and lentils. Many fruits and vegetables – including bell peppers and zucchini – are good sources of vitamin C.

Each month, Maryland Hunger Solutions highlights a different low-cost recipe. To learn more about affording healthy food through the Food Supplement Program, visit www.mdhungersolutions.org, or call 410-528-0021.



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