

Corn Soup

Creamy corn soup recipe made with fresh or frozen corn in 30 minutes. Hearty, comforting, and perfect for any season. Easy step-by-step instructions.

15 min

PREP

30 min

COOK

45 min

TOTAL

4

SERVINGS

Medium

DIFFICULTY

Ingredients

- 2 cup corn
- 1 cup red kidney beans
- 1 cup plain yogurt
- 6 cup water
- 1 tbsp mint
- 1 tsp salt

Instructions

- 1 Prepare the yogurt mixture**

Whisk together 1 cup yogurt and 1 teaspoon salt in a medium bowl until smooth and well combined. Set aside at room temperature.
- 2 Cook the corn**

Bring 6 cups water to a rolling boil in a large saucepan over high heat. Add 2 cups corn kernels and cook for 8-10 minutes until tender when pierced with a fork.
- 3** Reduce heat to low and let the corn mixture simmer gently.
- 4 Temper the yogurt**

Ladle 1/2 cup of the hot corn cooking liquid into the yogurt mixture, whisking constantly to prevent curdling. Whisk until completely smooth.
- 5** Slowly pour the tempered yogurt mixture back into the saucepan while stirring constantly with a wooden spoon.

- 6 Continue cooking on low heat for 8-10 minutes, stirring frequently to prevent the yogurt from separating, until the soup is heated through and slightly thickened.
- 7 Taste and adjust seasoning with additional salt if needed.
- 8 **Serve**
Remove from heat and ladle into serving bowls. Serve immediately while hot.

Tips

Always temper yogurt before adding it to hot soup by mixing a small amount of hot broth into the yogurt first, then gradually incorporating the mixture back into the soup to prevent curdling.

For the sweetest flavor, choose corn with bright green husks and golden silk. The kernels should feel plump when gently pressed and release a milky juice when punctured.

If using frozen corn, don't thaw it completely before adding to the soup. Adding partially frozen corn helps maintain texture and prevents overcooking.

Toast corn kernels in a dry pan for 2-3 minutes before adding liquid for a deeper, more complex flavor profile.

Add a bay leaf while cooking for subtle aromatic depth, but remember to remove it before serving.

For extra richness, reserve some corn kernels and blend the rest, then stir the whole kernels back in for textural contrast.

Season gradually throughout cooking rather than all at once, as corn's natural sweetness can mask salt levels until the soup cools slightly.

Use vegetable or chicken broth instead of water for more complex flavor, but reduce added salt accordingly since broths often contain sodium.