



Eat and drink, but waste not by excess (Al-A'raf 31)
Banu Atabay's Mütevazı Lezzetler® Turkish cooking recipes

Poncho Soup

Panço Çorbası



2 cups canned corn (strained)
1 small onion
1 red bell pepper
1 banana pepper
2 tbsp flour
2 cups milk
1 tbsp butter
3 tbsp sunflower oil
1 tsp salt
1 bouillon
3 cups water

- # Dice the onion finely at first. Dice the peppers also into small cubes.
- # Put butter and sunflower oil into a pot and make it hot a little. Then, add finely diced onion and salt in it.
- # When the onion softens over medium heat a little, add the diced red pepper and diced banana pepper in it.
- # When the peppers are being cooked until they soften, blend the corn with 1 cup milk.
- # Add 2 tbsp flour onto the softened peppers, and sauté it by stirring constantly to roast the flour a little.
- # After roasting the flour, add the blended mixture of milk and corn in it and stir the soup.
- # Add the remaining 1 cup milk and 3 cups flour into the pot. When the mixture reaches to the boiling temperature, add the chipped bouillon and 1 cup non-blended fresh corn into the soup.
- # Boil the soup for 5 more minutes, after adding the corn. And then, remove the pot from the stove.
- # Fill the hot soup into deep plates or bowls. Serve it hot.

Note: Poncho soup is from Mexico.