

# Creamy maize soup

Savoury

level 

 1

 30 min



## Ingredients

200 ml	Fresubin 2 kcal DRINK Neutral
10 g	wheat flour (1 level tablespoon)
10 g	butter (1 heaped teaspoon)
100 ml	milk (3.5 % fat)
50 ml	vegetable stock
100 g	potatoes, peeled
120 g	sweet maize, deep-frozen or tinned
40 g	bell peppers salt, pepper

## Nutritional information per serving:

Energy .....	774 kcal
Protein .....	31.2 g
Fat .....	29.4 g
Carbohydrate .....	94.3 g
Fibre .....	0.0 g



## Alternative products:

Fresubin<sup>®</sup> Energy DRINK

## Preparation

Make a roux from flour and butter and top up with milk and vegetable stock. Finely grate the peeled potatoes and add half the amount of sweet maize and cook until done. At the end, add the small diced peppers. Purée the remaining sweet maize with Fresubin 2 kcal DRINK Neutral, add to the soup, heat while stirring and season.

### TIP:

Garnish the soup with fresh herbs.