

Helergon Kitchen

Shrimp and Corn Soup – Easy One-Pot Comfort

10 min Prep time	**20 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Soup Base

- [ ] 4 cups low-sodium chicken broth
- [ ] 1 cup corn kernels (fresh or frozen)
- [ ] 2 cloves garlic, minced
- [ ] 1 tsp grated fresh ginger
- [ ] 1 tbsp olive oil

Protein & Finish

- [ ] 12 oz shrimp, peeled and deveined
- [ ] Juice of 1 lime
- [ ] 2 tbsp chopped fresh cilantro
- [ ] Salt and pepper to taste

Instructions

1. Heat olive oil in a large pot over medium heat, add garlic and ginger, and sauté for about 30 seconds until fragrant.
2. Pour in the chicken broth and bring to a gentle boil; add the corn kernels and let them soften for 5 minutes.
3. Stir in the shrimp and cook for 2-3 minutes, just until they turn pink; high protein shrimp tip: keep the heat steady to avoid rubbery texture.
4. Remove the pot from heat, add lime juice, cilantro, and season with salt and pepper; give a quick stir.
5. Serve hot, garnished with an extra sprig of cilantro. For a fuller meal, pair with crusty bread or a side of rice.

Nutrition per serving

210 kcal	22 g	18 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the broth tastes bland, a splash of fish sauce adds depth without overpowering.
- Feel free to add a pinch of red pepper flakes for gentle heat.
- Leftovers reheat best on the stove over low heat; avoid microwave as it can toughen shrimp.