A hearty, lemony one-pot supper with sweet corn, tender chicken and just enough broth to bring everything together — a loose, creamy stew, hearty rather than soupy.



Chicken, Bacon & Sweet Corn Soup

The game plan

One pot, three moves. Corn, bacon and chicken go first, with lemon. The vegetables sauté in the bacon fat, then everything comes back together with thyme, coconut aminos and chili flakes. Finish with flour, milk and just enough broth to keep it light.

What you need

Amounts are for 2 servings — scale up or down for your table.

- Bacon: 4 slices
- Boneless chicken thighs: about ¾ lb, thinly sliced
- Sweet corn: 1 ear
- White cabbage: about 3 cups chopped
- White onion: 1 medium, thinly sliced
- Mushrooms: 4, chopped
- Potatoes: 2 medium, diced small
- Lemon: 1 — peel or zest plus 1–2 Tbsp juice
- Fresh thyme: about 1 tsp (or ½ tsp dried)
- Red chili flakes: ¼–½ tsp, to taste
- Coconut aminos: about 1 Tbsp
- All-purpose flour: about 2 Tbsp
- Milk: about ½ cup
- Garlic-free chicken broth or water: about 1½ cups, added lightly
- Salt and black pepper
- Sriracha mayo, for serving

COOK THE PLATE

One pot, three moves · Serves 2



1. Corn, bacon & chicken

1. Cook the corn: boil the corn on the cob until just tender, about 5 minutes. Cool, cut off the kernels, and set aside.
2. Start the bacon: in a large skillet or soup pot, sauté the bacon over medium heat until nearly cooked through but not yet crisp.
3. Add the thin-sliced chicken thighs, lemon peel or zest, and lemon juice.
4. Cook until the chicken is nearly done, then transfer the mixture to a bowl if you need the pot.



2. Sauté the vegetables

1. In the soup pot, cook the white onion, cabbage, mushrooms, and diced potatoes in a little bacon fat until the onion softens and the cabbage begins to color.
2. Stir in the corn and the bacon-chicken mixture.
3. Add the thyme, coconut aminos, and red chili flakes. Season with salt and black pepper.



3. Finish the soup

1. Stir in the flour.
2. Gradually add the milk, then only enough broth or water to keep the soup light on liquid.
3. Simmer 10–15 minutes, until the potatoes are tender, the chicken is cooked through, and the soup lightly thickens.
4. Serve with sriracha mayo.

John’s notes: no added garlic — John has a garlic allergy (sriracha and sriracha mayo are tolerated, but condiment labels can vary). Coconut aminos, not soy sauce. Slice the thighs thin — strips stay tender and eat better than cubes. Keep the broth light; this should eat like a stew.

Serve

Ladle into bowls and pass the sriracha mayo at the table.

