

Chicken, Bacon & Sweet Corn Soup

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.

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. Sweet-salty depth without the ingredient that upsets his stomach.

Slice the thighs thin. Strips stay tender and eat better here than cubes.

Keep the broth light. Add liquid sparingly — this should eat like a stew.

What you need

- 4 slices bacon
- Boneless chicken thighs, thinly sliced (approx. 1¼ lb)
- 1 ear sweet corn
- White cabbage, chopped (approx. 4 cups)
- 1 medium white onion, thinly sliced
- 4 mushrooms, chopped
- 2 medium potatoes, diced small
- 1 lemon: peel or zest plus 1–2 Tbsp juice
- Fresh thyme (approx. 1 tsp; or ½ tsp dried)
- Red chili flakes (¼–½ tsp, to taste)
- Coconut aminos (approx. 1 Tbsp)
- All-purpose flour (approx. 2 Tbsp)
- Milk (approx. ½ cup)
- Garlic-free chicken broth or water (approx. 2 cups, added lightly)
- Salt and black pepper
- Sriracha mayo, for serving

One pot, three moves

Approx. 4 servings · About 45 minutes



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 four bacon slices over medium heat until nearly cooked through but not yet crisp.
3. **Add chicken and lemon.** Add the thin-sliced chicken thighs, lemon peel or zest and lemon juice. 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. **Bring it together.** 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. Gradually add the milk, then only enough broth or water to keep the soup light on liquid.
2. Simmer 10–15 minutes, until the potatoes are tender, the chicken is cooked through and the soup lightly thickens.
3. Serve with sriracha mayo.

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