

ZUCCHINI SOUP

Yield: 8 Servings (1 cup per serving)



TOTAL TIME: 45 minutes

INGREDIENTS

- 1 Tbsp. pure olive oil
- 1 pkg. (8 oz.) chopped onions
- 1 Tbsp. chopped garlic
- 4 small (2 lbs.) zucchini, ½-inch dice (about 6 cups), divided
- 1 carton (32 oz.) chicken culinary stock
- 1 bunch green onions, thinly sliced (about 1 cup), divided
- ½ bunch cilantro, stemmed, chopped (about 1¼ cups)
- Salt and pepper to taste

PREPARATION

Preheat oven to 450 degrees.

1. Heat olive oil in stockpot on medium-low. Add onion and garlic; reduce heat to low. Cook, stirring often, about 10 min., until onion is soft and translucent, but not browned.
2. Add about 4 cups zucchini to pot. Cook 5 min. Add stock; bring to a simmer on high.
3. Add half the green onions. Reduce heat to medium; simmer 2 min. Remove from heat; add cilantro.
4. Purée soup carefully with handheld blender until smooth. Return to medium heat. Add remaining 2 cups zucchini. Simmer 8–10 min. until zucchini is tender. Season to taste with salt and pepper; ladle into warm bowls. Garnish with remaining green onions.

NUTRITION

Per serving: Calories: 60; Fat: 2 g (0 g saturated fat); Cholesterol: 0 mg; Carbohydrates: 7 g; Fiber 2 g; Protein: 3 g; Sodium: 230 mg.

Recipe courtesy of Wegmans