

upclose & tasty

Zucchini Soup *Inspired by my Mom*

Ingredients

1 tablespoon olive oil
1 medium yellow onion, chopped
4 cloves garlic, minced
1 teaspoon black pepper
1 teaspoon fresh ginger
3 large zucchini, chopped
4 cups low sodium chicken broth
Cilantro, if desired for garnish

Preparation

- 1. Sauté the olive oil, onion and garlic over medium heat for a couple of minutes.*
- 2. Add the pepper and the ginger and continue to stir.*
- 3. Add the zucchini, cilantro and the chicken broth.*
- 4. Bring to a boil, then reduce heat to a simmer until zucchini is softened, 45 minutes or so.*
- 5. Using a Vitamix or immersion blender, puree the zucchini until soup is creamy and smooth.*
- 6. Garnish with pepper, cilantro or other seasonings of your choice.*

Enjoy!