

Zucchini & Tomato Soup

About 6-8 Servings

Ingredients:

6 small zucchini (1 pound, 2 ounces) trimmed
2 tsp salt

1 large onion
2 cloves of garlic
1 red jalapeno pepper (seeded)
Olive oil

32 Fl oz low sodium vegetable stock

2 large tomatoes, coarsely chopped

½ tsp sugar

½ tsp oregano

½ tsp basil

2 tsp lemon juice

¼ tsp nutmeg

Salt & pepper to taste

¼ cup parsley leaves, chopped

1 Tbsp dried or fresh chives, chopped



Instructions:

Slice zucchini, place in a colander, mix with salt & let drain 20 minutes. Wash off salt and dry zucchini with paper towel.

Mince onion, garlic and red pepper. Heat a few tablespoons of olive oil in a pot and cook zucchini, onion, garlic and red pepper over low heat for approximately 10 minutes.

Add broth, cover and simmer 20 minutes. Transfer to food processor or blender and puree. Return pureed mixture to cooking pot.

Add tomato, sugar, oregano, basil, lemon juice, nutmeg, salt & pepper and cook for 5 minutes. If soup is too thick, thin it with additional broth.

Serve it hot or cold, garnished with reserved parsley and chives.

Cooking Tip:

- This is the perfect soup to make during the summer – especially if you have a late summer garden loaded with zucchinis and tomatoes.

