



Creamy Zucchini Soup



Photo Credit: belgianfusion

Ingredients:

- 1 tablespoon olive oil or fat
- 2 garlic cloves, minced
- 1 large onion, chopped (yellow or white)
- 2 pounds zucchini, cut into ½ inch slices, larger ones halved
- 4 cups vegetable or chicken stock, preferably low sodium
- 2 cups water

Instructions:

Heat oil in a large pot over medium, high heat. Add garlic and onions, and cook for 3-4 minutes until they are light golden brown.

Add zucchinis, broth and water. Bring to a boil, then cover and reduce heat to medium.

Cook for 15-20 minutes or until zucchini is very soft.

Use an immersion blender to blend until smooth.

Count as free!