



Another delicious recipe
brought to you by—



THE URBAN EDGE

ORGANIC FARM • FARM STORE
U-PICK ORCHARD

TheUrbanEdgeFarm.com

CREAM OF ZUCCHINI SOUP

SERVES 4 / PREP TIME: 5 MINUTES / COOK TIME: 20 MINUTES

Only five ingredients (not counting the salt and pepper) is all it takes to make this quick, easy, delicious soup.

½ small onion, quartered

2 cloves garlic

3 medium zucchini, skin on, cut in large chunks

32 ounces chicken broth (or vegetable broth)

2 tablespoons sour cream

Salt and freshly ground black pepper to taste

Freshly grated Parmesan cheese for topping (optional)

1. Combine the onion, garlic, zucchini, and chicken broth in a large pot over medium heat and bring to a boil.
2. Lower the heat, cover, and simmer until tender, about 20 minutes.
3. Remove the soup from the heat and purée with an immersion blender. Add the sour cream and purée again until smooth.
4. Season to taste with salt and pepper, top with the grated Parmesan, if desired, and serve hot.

Recipe by Gina Homolka on Skinnytaste.com.

.....