



Chilled Zucchini Basil Soup

Prep Time 15 mins
 Total Time 30 mins
 Meal Type Lunch,Dinner,Snack,Side
 Contributed By



Source Living Plate Teaching Kitchen

Servings 4



Ingredients

 lb,c g,ml

- 3 zucchini, medium, *chopped*
- 1 onion, sweet, *chopped*
- 1 cups basil, *chopped*
- 1 clove garlic, *minced or pressed*
- 1 tsp lemon zest
- 2 Tbs olive oil
- 3 cups vegetable broth, low sodium
- 1/3 cups yogurt, Greek, plain 2%
- salt, *to taste*
- black pepper, *to taste*

Directions

Prep

1. Chop zucchini, onion, and basil leaves.
2. Mince garlic.
3. Zest lemon.

Make

1. Add oil to a soup pot over medium heat.
2. Sauté onions until soft. Add garlic and sauté for an additional 2 minutes until fragrant.
3. Add zucchini and broth. If necessary, add water to cover the zucchini. Bring to a boil then reduce heat and simmer for 5 minutes until zucchini is soft.
4. Let soup cool to room temperature. In batches, purée in blender with basil and yogurt. Reserve some basil leaves for garnish if desired.
5. Chill for 4 hours or overnight. If the soup thickens, you can stir in some water for desired consistency before serving.
6. Season to taste with salt and black pepper.

Notes

Optional add-ins: any leafy green can be added to this puréed soup to amp up the nutrient density. Spinach works particularly well here. Just add a cup or two with the basil when puréeing.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving	125	Total Fat 7.7g	11%	Total Carbohydrates 11g	3%
		Saturated Fat 1.3g	6%	Dietary Fiber 3g	11%
		Trans Fat 0.0g		Total Sugars 7g	
		Cholesterol 3mg	0%	Protein 5g	
		Sodium 112mg	4%		
		Vitamin D 0mcg 0% · Calcium 251mg 25% · Iron 1mg 4% · Potassium 448mg 9%			

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- Show all nutrients -