

Creamy Zucchini Soup

Total Time: 35 minutes

Serves 6

2 t. olive oil
1 C. onion chopped
1 clove garlic minced
2 pounds zucchini diced
14 ounces of vegetable broth or chicken bouillon
2 cups water
1 t salt
2 T. whipping cream

1. Spray a 5 quart saucepan with non stick cooking spray.. Cook the onion in the olive oil until tender about 2 minutes. add the garlic and cook 1 minute. Add the zucchini and cook 2 minutes stirring.
2. Stir in the broth and water and bring to a simmer. Cook 15 minutes.
3. Puree the soup in a blender. Add the cream and blend again. Add the salt and adjust seasoning.