

Tricia's Go-to Garden Recipe: Avril's Chilled Cream of Zucchini Soup

Ingredients

- 1 Tbs unsalted butter
- 1/3 cup chopped onion
- 2 pounds (about 5 medium) zucchini, washed, trimmed, and sliced
- 3 cups unsalted chicken stock
- 1/2 cup fresh basil leaves
- 1/2 cup light cream
- 1 cup plain nonfat yogurt
- Pinch of white pepper
- 1/4 tsp salt (omit if using salted stock)

Instructions

1. Heat the butter in a four-quart saucepan over medium heat.
2. Add the onion and saute, stirring occasionally, for 5 minutes or until the onions are translucent.
3. Add the zucchini and stock and bring to a boil over high heat.
4. Reduce the heat to low and simmer, uncovered, for 20 minutes.
5. Add the basil leaves and puree the soup in a blender or food processor fitted with a steel blade.
6. Stir in cream, yogurt, pepper, and salt.
7. Chill at least 2 hours.