

CREAM OF ZUCCHINI SOUP

Recipe by Janeva Eickhoff

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Ingredients:

32 oz. chicken broth or vegetable broth

5 ½ C. (29.1 oz.) zucchini (unpeeled), cut in 2-inch slices

2 T. dried minced onions

1 tsp. minced garlic

6 oz. half and half cream

2 ¼ tsp. lemon juice

1 tsp. sea salt

½ tsp. black pepper

Chopped fresh parsley, for topping

Directions:

1. To a Dutch oven or stock pot, add broth, zucchini, onions, and garlic. Bring to a low boil -- cover and reduce heat to low; simmer 20 minutes.
2. Slightly cool soup, and add to blender; blend until creamy. (Hot soup can blow the lid off a blender.) Return soup to pot. Stir in remaining ingredients.
3. Heat soup to a low boil; reduce heat and simmer uncovered 25-30 more minutes or until desired texture (the longer the simmer the thicker the soup). For extra creaminess, blend soup once more.
4. Taste and season if necessary; serve piping hot. Sprinkle with fresh parsley, if desired.

Servings:

Entire recipe yield (approximately 4 ½ C. prepared) = 6 C. veggies (zucchini + dried minced onion) + 6 oz. half-and-half

1/6 recipe yield (approximately ¾ C. prepared) = 1 C. veggies (zucchini + dried minced onion) + 1 oz. half-and-half

TIP: After preparing soup, divide into 6 equal servings. Each serving will represent the 1/6th recipe yield equivalent as stated in the serving sizes. Only 1 serving per day may be consumed due to the half-and-half maximum protocol in each serving.

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