

## Zucchini Soup

Fresh green vegetable soup – so much flavor and goodness! Can easily be multiplied – depending on pot size! Especially great soup when you have an abundance of zucchini in the garden!

Preparation Time:15 minutes

Cooking Time:30 minutes

Servings:4

### Ingredients:

Amount	Ingredient	Cost
2 tsp	Butter (or substitute with all oil)	
2 tsp	Oil	
1	Small onion, peeled & chopped (nice with Vidalia onions)	
6	Zucchini, thickly sliced	
1 - 2	Medium potato, peeled & sliced	
½ tsp	Dried tarragon (optional)	
3 cups (750 mL)	Chicken Stock	
To taste	Salt and pepper	
2 Tbsp (25 mL)	chopped fresh parsley	
OPTIONAL:		
¼ Cup	Heavy cream – 1 Tbsp/serving – add when serve	
		Cost for the total recipe:
		Cost for 1 serving:

### Preparation:

1. Prepare the vegetables – wash, peel, chop.
  2. Heat the butter and oil in a pan, add the prepared vegetables and sprinkle with salt, pepper and tarragon. Cover and cook over a low heat for 10 minutes, shaking or stirring the pan occasionally and checking that the vegetables do not colour.
  3. Add the stock and simmer, covered, for 10 minutes until the vegetables are soft.
  4. Use an immersion blender to puree vegetables in pot. (Optional way: Cool, then push through a sieve or strainer or puree in a blender or food processor carefully in several batches. Reheat, adding more seasoning if necessary.)
  5. For extra richness, one tablespoon of heavy cream may be added to each serving.
- Enjoy!

Recipe Source: Kathy Ribble

**Thanks for coming to Forest Brook Community Church today. We look forward to having you join us again to make another great recipe, enjoy some food and community!**

God also said, “Look, I have given you every seed-bearing plant on the surface of the entire earth and every tree whose fruit contains seed. This food will be for you. Genesis 1:29