

*Whether you call it zucchini, courgette, summer squash, or marrow, this nutrient-rich vegetable has a fresh, mild flavor, and is incredibly versatile. Made with just a few ingredients, this silky, satisfying soup is naturally creamy, gluten-free, and dairy-free. Simple yet delicious, it makes a healthy meal option for any day of the week.*

## *Simple Yet Delicious*

# **CREAMY ZUCCHINI SOUP**

### INGREDIENTS

1 tbsp/15 ml olive oil  
1 large yellow onion, sliced or sweet Vidalia when available  
2 lbs zucchini, halved lengthwise and sliced 1/4-inch thick  
2 whole cloves garlic, peeled  
Salt and ground pepper, to taste  
3 cups/710 ml vegetable stock - reserve 1 cup/250 ml stock for the puree step  
1/4 cup fresh basil leaves, torn  
1 tbsp/15 ml fresh thyme, chopped  
1 can 15 oz/425 ml unsweetened full-fat coconut milk  
Garnish with fresh thyme and flowering basil

### METHOD:

Heat the olive oil in a large saucepan over low heat. Add the onions and garlic; sauté until soft. Add the zucchini and cook until tender and lightly golden. Season with salt and pepper. Add the stock 1/2 cup (125 ml) at a time, letting it reduce by half before adding more. Repeat until the vegetables are tender and the flavors are concentrated. Stir in the thyme and basil, and cook until wilted.

Carefully pour the hot soup into a blender. Add the reserved 1 cup (250 ml) stock and purée until smooth and creamy. Add the coconut cream and pulse just until combined, being careful not to overmix, as this can cause mixture to break. Return the soup to the saucepan and reheat over low heat. Adjust the seasoning with salt and pepper, then serve hot, garnished with fresh basil leaves and flowers.

