

# #LetsCook30

## ZESTY ZUCCHINI SOUP

Being able to make soup out of what you have in the fridge is a life skill. This soup is both simple and delicious!

**Servings:** 4

**Ready in about:** 30 minutes

1 tbsp	vegetable oil
1 medium	onion, chopped
1 tsp	garlic, minced
2 tsp	curry powder
1/2 tsp	salt
pinch	cayenne
3 medium	zucchini, trimmed and chopped
3 ½ cups	vegetable broth
1/2 cup	milk
	cilantro, chopped (optional garnish)

### Nutrition Tips

To reduce the salt and saturated fat in this recipe we used:

- Low fat milk (2% M.F. or less)
- No salt added vegetable broth

### INSTRUCTIONS:

1. In a medium pot, heat the oil over medium heat. Add the onions and garlic and cook, stirring until soft, about 3 minutes.
2. Add the curry powder, salt, and cayenne, stirring occasionally, until soft, about 3 to 5 minutes.
3. Add the broth and zucchini and bring to a boil. Reduce the heat and simmer until the zucchini is tender, about 20 minutes.
4. Remove from heat. With a hand-held immersion blender, or in batches in a food processor, puree the soup. Return to medium heat and stir in the milk. Adjust the seasoning to taste.
5. To serve, ladle into large cups, garnish with cilantro. This soup may be served hot or cold.

### TIP:

To serve chilled, pour into a clean container and refrigerate until well chilled, 4 to 6 hours.

Adapted from: Curried Zucchini Soup, Health.com, accessed 2019.

### PUBLIC HEALTH

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