

CREAM OF ZUCCHINI, CARROT AND CUCUMBER *soup*

Ingredients

Directions

> Add olive oil to large soup pot. Add onions and garlic and sauté until the garlic is browned and the onions are transparent.

> Add additional vegetables and broth. Bring to a boil, then simmer, covered, for 20 minutes.

> Remove from the heat. Allow to cool. Using a food processor or blender, puree the mixture.

> Return to pot; add milk. Heat briefly and then serve.

1 onion, chopped
2 garlic cloves, minced
2 zucchini, cut into 1/2 rounds
3 carrots, peeled and sliced
2 cucumbers, peeled, cored and sliced
1 tablespoon curry powder
3 cups canned chicken (or veggie) broth
1 cup milk
1 tablespoon olive oil

feeds: 4

takes: 35 minutes

