



Zucchini Soup (L)

Serving: 1

Veg

Ingredients

- - 1/2 tsp Olive Oil
- - 2 tbsp onion chopped
- - 1 garlic clove
- - Palm size zucchini chopped
- - 1 cup water
- - Basil leaves - 5 leaves
- - Salt to taste

Preparation Method

- - Heat oil in a pan over medium low heat.
- - Add onion and cook ,stirring occasional, until softened and browned, about 5 mints
- - add salt and garlic and cook an additional 5 minutes
- - add zucchini and cook, stirring occasionally , 5 minutes. add water and simmer,partially covered , until tender, about 15 minutes. puree soup with basil in 2 batches in a blender (use caution when blending hot liquids)
- - season soup with salt and paper, and serve hot .
- - Garnish with basil leaves.