



Creamy Zucchini Soup*

Serving: 1

Non Veg

Ingredients

- -1 tbsp onion, chopped
- -1 medium zucchini, skin on cut in large chunks
- -1 and $\frac{1}{2}$ cup chicken broth (or vegetable)
- -1 tbsp reduced fat sour cream
- - salt and black pepper to taste
- -1- tbsp fresh grated parmesan cheese
- -1 tbsp coconut oil / olive oil

Preparation Method

- -Combine chicken/vegetable broth, onion, and zucchini in a large pot over medium heat and bring to a boil.
- -Lower heat, cover, and simmer until tender, about 10 minutes.
- -Remove from heat and purée with an immersion blender, add the sour cream and purée again until smooth.
- -Taste for salt and pepper and adjust to taste. Serve hot.