

Zucchini Soup

by Stephanie • First posted: Aug 4, 2020 • Updated: Jun 22, 2025

Overview

A healthy, hearty way to use an abundance of garden zucchini. Onion and garlic build flavor, zucchini and potatoes bring body, and a quick blend yields a naturally creamy soup without a roux. Add a splash of cream and a handful of cheese if you like it extra cozy. Freezer friendly and weeknight simple.

At a Glance

Method	Stovetop; blended (immersion or countertop)
Texture	Silky without a roux; potatoes thicken naturally
Make Ahead	Refrigerates up to 3 days; freezes up to 3 months
Optional	Finish with cream/half-and-half and melted cheese

Ingredients

Base

- Butter
- Onion, diced
- Garlic, minced
- Zucchini, diced
- Salt and black pepper
- Chicken broth (*or vegetable broth*)
- Soy sauce
- Potatoes, peeled and diced

Optional Finishers

- Half-and-half or heavy cream
- Shredded cheese (sharp cheddar, white cheddar, Parmesan, or Gouda)

Instructions

1. **Sauté aromatics.** In a soup pot over medium heat, melt butter. Add diced onion and minced garlic; cook, stirring, until softened and fragrant.
2. **Add zucchini & season.** Stir in diced zucchini, season with salt and pepper, and sauté about 5 minutes.
3. **Simmer.** Add broth, a splash of soy sauce, and diced potatoes. Bring to a boil, then reduce to a gentle simmer. Cook about 20 minutes, until the vegetables are very tender.
4. **Blend.** Use an immersion blender to purée right in the pot until smooth (or transfer carefully to a blender in batches). For a rustic texture, leave some pieces unblended.

5. **Enrich (optional).** Stir in a splash of half-and-half or cream. If using cheese, add a handful at a time off heat, stirring until smooth.
6. **Season & serve.** Taste and adjust salt and pepper. Ladle into bowls and enjoy.

Tips

- **Peeling zucchini:** Very large zucchini can have tougher, slightly bitter skins; peel if needed. Medium zucchini generally do not require peeling.
- **Thickening without a roux:** Potatoes are the built-in thickener here; blending them into the broth creates body and creaminess.
- **No blender?** A potato masher works in a pinch for a more textured soup.
- **Cheese choices:** Sharp orange cheddar, white cheddar, Parmesan, or Gouda all melt in beautifully—add gradually and stir until smooth.

Storage

- **Refrigerate:** Airtight container up to 3 days.
- **Freeze:** Up to 3 months; thaw overnight in the fridge, then rewarm gently.
- **Reheat:** Stovetop over low heat or in the microwave; avoid boiling if you have added dairy.

Tools

A 4-quart Dutch oven or soup pot; immersion blender (or countertop blender); measuring spoons; ladle; cheese grater (if adding cheese).

Note: For a lighter soup, skip dairy entirely—the blended potatoes give ample creaminess.