
Chilled Zucchini-Mint Soup

Tarla Fallgatter, cooking class, 2017



Servings: 8

1. Melt butter in a large saute pan, then add leeks and saute until soft, but not brown, about 5 minutes. Add zucchini and saute until beginning to soften, about 5 more minutes. Add the broth and bring to a boil. Reduce heat to medium-low and simmer, uncovered, until zucchini is tender, about 20 minutes.
2. Working in batches, puree the soup in a blender until smooth, but still a bit of texture remaining. Return puree to same pot, add cream and the chopped mint. Allow to cool, cover and chill until cold, at least 3 hours, and up to 24 hours.
3. Taste soup and add more broth if it's too thick. Season with salt and/or pepper to taste. Garnish with mint leaves.

3 tablespoons unsalted butter
5 cups leeks, use both white and green part (about 6 leeks)
6 cups low-sodium chicken broth, or vegetable broth
3 pounds zucchini, chopped (about 8 cups)
1/3 cup heavy cream
Salt and freshly ground black pepper to taste
2 tablespoons fresh mint (packed) minced
whole mint leaves for garnish

Per Serving (excluding unknown items): 152 Calories; 10g Fat (47.4% calories from fat); 11g Protein; 14g Carbohydrate; 3g Dietary Fiber; 25mg Cholesterol; 51mg Sodium. Exchanges: 1 Lean Meat; 2 1/2 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat.

Carolyn T's Blog: tastingspoons.com