

Chilled Zucchini Soup

Author: From my friend, Gloria D.

Carolyn T's
Cookbook

Servings: 8



Notes: You can add some sour cream to this if you'd like. It tempers the heat of the curry powder if you happen to add too much! Omit the curry powder if you don't like it.

Description: Great for a warm summer evening, lovely subtle flavors.

1. In a large saucepan melt butter. Add onion and cook about 5 minutes. Add garlic during the last minute. Add zucchini slices and continue cooking for about 10 minutes, stirring frequently, until zucchini is fairly soft. Add broth, bouillon cubes and all seasonings. Cover and simmer for 10 minutes. Place batches of the soup in a blender and blend until smooth, about 30 seconds.

2. Return soup to saucepan. Stir cornstarch into the milk and dissolve thoroughly, then add to soup. Cook until it comes to a boil, remove from heat, add wine, cool to room temperature, then chill.

1/3 cup butter

1 cup green onions, diced, using all the tops too

1 clove garlic, minced

3 cups zucchini, sliced, about three

1 cup chicken broth, or water

2 teaspoons chicken bouillon granules

1/2 teaspoon salt

1/8 teaspoon black pepper

1/2 teaspoon curry powder, or more to taste

4 cups milk

2 tablespoons cornstarch

1/4 cup sauterne wine, or other white wine

Blog: Carolyn T's Blog:

<http://tastingspoons.com>

Per Serving (excluding unknown items): 173 Calories; 12g Fat (63.2% calories from fat); 6g Protein; 10g Carbohydrate; 1g Dietary Fiber; 37mg Cholesterol; 463mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Non-Fat Milk; 2 1/2 Fat.

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