



Chilled Summer Vegetable Soup

Makes 4–6 servings ~ \$9.11 (\$1.51 per serving)

This is a versatile soup that can be changed as new vegetables come into season at the Farmer's Market. This version calls for carrots and zucchini, but as the summer progresses, red peppers and corn can be substituted for carrots. Adjust herbs to complement the vegetables. Vegetable stock can be substituted for chicken stock.

Ingredients

2 Tbsp. butter
1/2 cup chopped onion
1 tsp. minced garlic
3 carrots – diced
1 1/4 lbs. zucchini – diced
1/2 tsp. salt
1/2 tsp. pepper
3 cups chicken stock
Leaves from 2–3 sprigs thyme
1/8 cup torn basil leaves
1 Tbsp. minced parsley
1 cup heavy cream
Chopped green onion or chives for garnish

Directions

1. In a saucepan, melt the butter over medium high heat. Add onions and carrots and cook, stirring, for about 5 minutes.
2. Add the garlic, zucchini, salt and pepper, and cook until tender.
3. Add the stock, thyme and basil and bring to a boil. Reduce heat to simmer and cook for 20 minutes, stirring occasionally.
4. Remove from heat. Let cool for a few minutes then puree in small batches in a food processor. Return soup to pan. Stir in cream and heat gently for about 5 minutes. Let cool and refrigerate until well chilled.

Serve in bowls and garnish with green onion.

NOTE: This soup is also good hot and is great accompanied by cheese/garlic crostini.

Recipe courtesy of Mary Pat Butler.

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