

Cream of Zucchini Soup

This recipe will make approximately 5.5 cups of soup/ 5 servings



Ingredients

2.5 Tbsp Butter
3 garlic cloves, chopped
3/4 yellow onion, chopped
5 zucchini, chopped
2.5 cups vegetable stock
2.5 cups cashew milk
1 1/4 tsp salt
1/4 tsp ground cumin
1/4 tsp ground coriander
Freshly ground black pepper to taste

Directions:

1. Melt the butter in a medium stockpot over medium heat.
2. Add the chopped garlic and onion to the pot and sauté for about 5 minutes, or until they become translucent.
3. Stir in the chopped zucchini and vegetable stock. Simmer for approximately 5 minutes, or until the zucchini is soft.
4. Blend the soup until smooth. You can either use an immersion blender directly in the pot, or let the soup cool slightly and carefully pour it into a countertop blender. If using a countertop blender, return the blended soup to the pot afterward.
5. Add the cashew milk, salt, ground cumin, ground coriander, and freshly ground black pepper to the soup.
6. Simmer the soup over medium-low heat for about 10 minutes.
7. Allow the soup to cool completely.
8. Pour the cooled soup onto a parchment-lined tray. Using tray dividers, add them in the ten portions configuration.
9. Cover the tray with a lid and freeze until the soup is frozen solid.
10. Freeze dry the frozen soup. (My freeze drying time was 36 hours)

Rehydration:

Add 2 portions of Soup to a bowl, start with adding 1/4 - 1/2 cup of hot water, and stir well, breaking up any clumps. Let sit for 5-10 minutes, add more hot water until you reach desired consistency.

Notes:

To enhance the flavor of your soup, consider adding a pinch of red pepper flakes along with the garlic and onion if you like a little heat. You can also incorporate fresh or dried herbs such as thyme, rosemary, or parsley; add fresh herbs at the end of simmering, or dried herbs with the other spices. For a brighter taste, a squeeze of fresh lemon or lime juice after blending can really lift the flavors.

Nutritional Value Per 1 serving

Calories: 102 Protein: 2.1 g Fat: 7.2 g Carbohydrates: 8.3 g Sugar: 4.9 g Fiber: 1.4 g