

Zucchini Soup

One recipe will fill 2 medium trays (4 cups each)*

[Adventures in Freeze Drying: Freeze Dried Zucchini Soup](#)

Ingredients:

2½ lbs Zucchini, chopped	Salt and Pepper to Taste
2 TBSP Chicken or Vegetable Broth	Olive Oil as a garnishment after rehydrating
1 medium Onion, chopped	Heavy Cream as a garnishment after rehydrating (could use thinly rehydrated cream cheese or
4 Garlic Cloves, chopped	Cashew Cream in replacement of Heavy Cream)
⅓ C Fresh Basil (I used frozen)	
4 C Chicken or Vegetable Broth	



Directions:

1. Prepare all vegetables
2. In a large stock pot, on the stove using medium-high heat, add 2 TBSP of Broth, then add all veggies and saute for about 6 minutes.
3. Add 4 Cups of Broth to the pot, and bring to a boil, reduce heat and simmer for 15 minutes.
4. Add Basil, salt, and pepper, then remove from heat.
5. Using an immersion blender, puree the soup.
6. Let cool
7. Add 4 cups to a parchment lined tray, and add dividers set to 40 portions, repeat with a second tray.
8. Freeze until frozen solid
9. Freeze Dry
10. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: 26 hours

Rehydration: 10 squares = 1 portion of soup

Add ¾ cup boiling water, stir until lumps disappear. Let sit for 2 minutes. Check for consistency, add more water if desired.



Live.

Life.

Simple.

www.freezedryingcookbook.com

Cycle times & rehydration for reference only

* Large Tray = 8 Cups/tray

Medium = 6 Cups/Tray

Small = 4 Cups/Tray