

Simple Zucchini Soup – Vegan

Prep Time: 30 minutes
Total Time: 30 minutes

Serving Size: 4
Calories per serving: 40
Fat per serving: 0

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Ingredients

- 2 pounds zucchini, chopped
- 3/4 cup chopped onion
- 2 garlic cloves, chopped
- 4 cups vegetable stock
- 3 tablespoons thinly sliced basil leaves
- salt and pepper to taste

Instructions

1. Cook onion and garlic in 2 tablespoons stock in a 3- to 4-quart saucepan over medium-low heat, stirring occasionally, until softened, about 5 minutes.
2. Add chopped zucchini and cook, stirring occasionally, 5 minutes.
3. Add 4 cups vegetable stock and simmer, partially covered, until tender, about 15 minutes.
4. Purée soup with basil in 2 batches in a blender (use caution when blending hot liquids).
5. Season soup with salt and pepper to taste.

Notes

Nutrition facts (per serving): Calories: 40, from fat: 0, total fat: 0g, cholesterol: 0mg, sodium: 145mg, total carbohydrate: 8g, fiber: 3g, sugar: 3g, protein: 4g.