

# Zucchini & basil soup



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### Ingredients:

- 2 tbs olive oil
- 2 garlic cloves, crushed
- 1 medium brown onion, finely chopped
- 1 kg small zucchini halved lengthways and sliced
- 4 cups chicken or vegetable stock
- 1/3 cup basil leaves, roughly chopped
- salt and ground black pepper
- 50g feta cheese, crumbled, to serve
- 8 small basil leaves, to serve

### Health benefits of zucchini:

- An excellent source of vitamin C, a vitamin that helps keep gums, bones and blood vessels healthy.
- Provides folate, one of the B complex vitamins recommended for good health at all times but especially in the early weeks of pregnancy when it can reduce the incidence of some potential defects.

### Method:

1. Heat oil in a large saucepan over medium-high heat. Add garlic and onion and cook, stirring occasionally, for 2–3 minutes or until onion is soft. Add zucchini and cook, stirring often, for 10 minutes.
2. Stir in stock and bring to the boil over medium heat. Reduce heat to medium-low, cover and simmer for 15–20 minutes or until zucchini is tender. Stir through basil.
3. Using a blender or food processor, puree soup until smooth. Season with salt and pepper to taste. Stir soup over medium heat until hot. Ladle into serving bowls, sprinkle with crumbled feta, top with small basil leaves and serve.

**Serves:** 4

**Preparation:** 20 minutes

**Cooking:** about 40 minutes