



Curried Zucchini Soup

Recipe Source: www.marthastewart.com

Serves 6

Ingredients:

- 1 Tbsp olive oil
- 1 medium onion, chopped
- Coarse salt
- 2 garlic cloves, minced
- 2 tsp curry powder
- 1 ½ lbs zucchini (about 3 medium), sliced 1 inch thick
- 1 baking potato, unpeeled, cut into 1-inch chunks
- ½ cup sliced almonds, toasted, for garnish

Steps:

- Heat oil in a large saucepan over medium heat. Add onion and ½ tablespoon salt. Cook, stirring occasionally, until the onion is soft, 4-5 minutes. Add garlic and curry powder. Cook, stirring constantly, until fragrant, about 1 minute.
- Add zucchini, potato, and 4 cups water. Bring to a boil. Reduce heat and simmer until vegetables are tender, about 10-15 minutes.
- In batches, carefully puree soup in a blender (do not fill more than halfway) until smooth, or use an immersion blender. Serve immediately or let cool and refrigerate. To serve, ladle portions into individual bowls and garnish with almonds.

Tips from the Test Kitchen: This soup is surprisingly flavorful for being simple to make and having few ingredients. Serve with a green salad and whole wheat toasted pita bread for a full meal.

Nutritional Facts (per serving): Calories: 92, Carbohydrates: 11 grams, Protein: 2 grams, Total Fat: 5 grams, Saturated Fat: 1 gram, Cholesterol: 0 mg, Sodium: 5 mg, Fiber: 2 grams, Total Sugars: 2 grams.