

zucchini soup

Looking for a new way to use that ubiquitous summer vegetable? Our zucchini soup is reminiscent of a fresh split pea soup, with a mild but complex flavor that goes well with many things. Plus, it freezes very well, so it can be made in large batches and pulled out all winter long for a quick taste of summer. The photo above shows ingredients for a double batch, but the recipe stated below is for a single batch that will produce several servings and a bit to freeze. We like the double batch because it takes about the same time and produces lots of future "instant" meals. As a final benefit, this recipe works well with the overgrown "baseball bat" zucchini that are so often available and difficult to use for other recipes that require a higher-quality squash.

Ingredients:

- Olive oil
- 2 medium onions
- 2-3 cloves garlic
- 1-2 potatoes
- 2-3 cups water or veggie/meat broth*
- 2-6 med-large zucchini or other summer squash
- several sprigs parsley
- up to 1/4 cup basil
- Juice of 1 lemon (optional)
- several strips bacon (optional; we used local organic bacon from [JJR Family Farm](#))**
- Hard cheese for grating (real Parmesan works well, as does [Goatsbeard Farm's Walloon](#))
- 2-4 Tbl toasted pine nuts

Directions:

- Heat oil in a large soup pot, and saute chopped onions & garlic
- Add finely chopped potatoes and broth/water; bring to a boil
- Simmer five minutes, then add chopped squash, herbs, and lemon
- Simmer until all vegetables are tender, then puree soup to desired consistency.
- Add salt & pepper to taste. Don't overdo the salt if planning to top with cheese. Freeze any remnants not served fresh.

Serving:

Serve over [quality rice](#) to add more heft, or as straight soup. Top with grated hard cheese and toasted pine nuts.

Notes:

*If using lots of herbs and/or bacon, broth may not be necessary, but it does add more flavor.

** Bacon adds a nice touch of flavor, but this soup is easily made vegetarian by leaving out the meat broth and bacon and using a richly-flavored vegetable broth.

Via <http://cherthollowfarm.blogspot.com>