

Zucchini Basil Soup

Serves 6



Ingredients:

- ¼ cup good Olive + extra for serving
- 1 large yellow Sweet Onion
- 6 cloves of Garlic minced
- 3 lb Zucchini (unpeeled), ¾" diced
- ½ tsp ground Nutmeg
- ⅛ tsp crushed red Pepper Flakes
- Kosher salt and freshly ground black Pepper
- 1 cup good dry white Wine
- 4 cups good Chicken Stock
- 1 cup chopped fresh Basil (lightly packed)
- ½ cup grated Parmesan cheese
- ½ cup Greek yogurt + for serving

Directions:

- Heat oil in large pot and add onion and sauté for 8-10 minutes until translucent.
- Add garlic and cook for 1 minute.
- Add zucchini, nutmeg, red pepper flakes, 1 tbsp salt, 1 tbsp pepper and sauté for 5-10 minutes till zucchini is tender.
- Add wine, chicken stock, and basil, bring to boil.
- Lower heat and simmer uncovered for 30 minutes, until zucchini is very tender.
- Pass soup through a food mill fitted with coarsest blade.
- Return to pot and bring to a simmer.
- Take off heat and whisk in the grated Parmesan cheese and yogurt.
- Serve with a dollop of yogurt, shaved Parmesan cheese and a drizzle of olive oil.