



ZUCCHINI TOMATO BASIL SOUP

Yield: 5 Servings

Ingredients

Zucchini and Basil Soup

- 2 ½ teaspoons
- 1 ⅔ quarts
- 1 cup
- 1 cup
- ¼ teaspoon
- ¼ cup
- 2 ½ teaspoons
- 1 ⅔ teaspoons
- ⅜ teaspoon
- ⅜ teaspoon

- Garlic Cloves, minced
- Roma Tomatoes, quartered
- Vegetable Broth
- Yellow Onion, chopped
- Crushed Red Pepper Flakes
- Fresh Basil, chopped
- Fresh Basil, chiffonade (for garnish)
- Canola Oil
- Salt
- Black Pepper

Grilled Zucchini

- 2 ½ teaspoons
- ⅜ teaspoon
- 1 lb. 4 oz.
- ⅝ teaspoon
- ⅝ teaspoon
- 2 ½ teaspoons

- Garlic Cloves, minced
- Oregano Spice
- Zucchini, cut into planks
- Salt
- Black Pepper
- Canola Oil

Nutrition Facts

Serving size 8.5 oz. (239 g)

Amount per serving
Calories 100

	% Daily Value*
Total Fat 6g	8%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 364mg	15%
Total Carbohydrate 12g	4%
Dietary Fiber 3g	10%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 38mg	2%
Iron 1mg	6%
Potassium 667mg	15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Procedures

1. In a bowl, toss zucchini with canola oil, fresh minced garlic, oregano, salt, and ground black pepper. Marinate under refrigeration for at least 30 minutes at 40°F or lower.
2. Preheat a chargrill to medium high heat.
3. Once marinated, grill the zucchini until dark grill lines begin to form, about 3 minutes per side. Once grilled on both sides, remove from heat and allow to cool. Once cooled, dice zucchini and reserve.
4. Heat oil in soup pot over medium heat until simmering. Add garlic and onion, mix and cook until soft and aromatic, 5-8 minutes.
5. Add quartered tomatoes, and vegetable broth to the pot, increase heat to medium high, and cook stirring frequently, until tomatoes have softened, broken apart, and started to go orange in color, about 15 minutes.
6. Remove from the heat. Add salt, black pepper, crushed red pepper, and chopped basil. Stir to combine and let sit for 5 minutes.
7. Using a blender, purée soup, once smooth, add diced grilled zucchini and place back on medium heat and cook for about 5 minutes.
8. Garnish each portion with ½ teaspoon of chiffonade basil and enjoy.