

## **Betsy's Herbed Zucchini Soup**

*from **In Our Grandmothers' Kitchens***

### *Ingredients:*

1 to 2 medium onions, chopped  
2 garlic cloves, minced  
1/4 cup olive oil  
2 pounds zucchini, with stems removed, coarsely chopped  
1 teaspoon salt  
4 cups water or stock (chicken or vegetable, depending on your taste)  
1 handful basil leaves, tightly packed—or dill or parsley; your herb of choice  
salt and pepper to taste  
a little half and half, sour cream, or yogurt (optional)

### *Instructions:*

In a 4-quart Dutch oven cook the onion and garlic in the oil over medium-low heat, stirring occasionally, until they soften, about 5 minutes.

Add the chopped zucchini and the teaspoon of salt. Cook, stirring occasionally, for 5 more minutes. Add the water or broth plus the herbs. Simmer the soup, partially covered, until it is tender, about 15 minutes.

Purée the soup in a blender or food processor. Remember to use caution with the hot soup; you will want to process it in batches to avoid eruptions.

Add salt and pepper to taste. Adding a little half and half to the soup or serving it with a dollop of sour cream or yogurt can give it a bit more depth. Or you may prefer leaving it as is to let the zucchini and herbs shine. Serves 4 to 6.