

Curried Zucchini Soup

Ingredients

- 1 tablespoon olive oil
- 1 medium onion, chopped
- coarse salt
- 2 garlic cloves, minced
- 2 teaspoons curry powder
- 1 1/2 pounds zucchini (about 3 medium), sliced 1 inch thick
- 1 baking potato, peeled and cut into 1-inch chunks
- 4 cups chicken stock
- yogurt for garnish
- chives, chopped for garnish

Preparation

Heat the oil in a large saucepan over medium heat. Add the onion and sprinkle with salt; cook, stirring occasionally, until the onion is soft, 4 to 5 minutes. Add the garlic and curry powder; cook, stirring constantly, until fragrant, about 1 minute.

Add the zucchini, potato, and 4 cups of chicken stock. Bring to a boil; reduce the heat, and simmer until all the vegetables are tender, 10 to 15 minutes.

In batches, puree the soup in a blender (do not fill more than halfway) until smooth; season with salt and pepper then serve immediately, or let cool, and refrigerate in an airtight container until chilled. Garnish with the yogurt and chives.

Serves 4