



Chilled Zucchini Curry Soup

Makes 6 servings

Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 2 ½ teaspoons sweet or spicy curry powder
- 2 pounds zucchini, roughly chopped
- ½ cup grated carrot
- 4 cups low-sodium vegetable broth
- ¾ cup light sour cream
- freshly ground black pepper, to taste
- 6 sprigs parsley

Directions

1. Heat oil in a large pot over medium heat. Add onion and sauté for 4 to 5 minutes or until onions appear clear. Add garlic and curry and cook, while stirring, for about 1 minute.
2. Increase heat to medium-high. Add zucchini, carrots and broth. Stir. Bring to a simmer for 5 to 10 minutes, then adjust the heat to keep at a simmer for another 20 minutes. When vegetables are tender, remove from heat and let cool for 20 to 30 minutes.
3. Using a blender, puree soup in batches. (Soup should be smooth.) Transfer to a large bowl, cover and refrigerate for at least 2 hours.
4. Just before serving, whisk in sour cream and season with black pepper.
5. Garnish with parsley. Enjoy chilled.



MAIN DISH



TIP

This is a great make-ahead recipe! Make this soup according to the directions 1 to 2 days before, but wait to whisk in the sour cream and black pepper until just before serving. Remember to add the garnish too!

 = low sodium

 = gluten free

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Nutrition Facts

Serving Size 1 1/2 cups (385g)
Servings Per Container 6

Amount Per Serving

Calories 130 **Calories from Fat 70**

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 135mg **6%**

Total Carbohydrate 12g **4%**

Dietary Fiber 3g **12%**

Sugars 9g

Protein 4g

Vitamin A 40% • **Vitamin C 50%**

Calcium 10% • **Iron 6%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: milk

Carb choices per serving: ½