

A Sunny Zucchini Soup With Turmeric And Coconut

Ingredients:

Difficulty: Easy
(serves 4-6)

1 tbsp olive oil
1 large onion, diced
3 garlic cloves, mashed
1 cube vegetable stock* (if you have vegetable stock, use that instead)
2 large zucchinis (about 900 gr. in total before trimming), diced small
7.5 dl (or 3 cups) warm water (or vegetable stock, if you have)
3 dl (or 1 1/4 cups) coconut milk
1 tsp salt
2 tsp turmeric
1 tsp curry powder
a generous pinch of freshly ground black pepper
1 tsp tamari sauce
1 tbsp freshly squeezed lime juice

*I used organic "Reformi" vegetable stock cube as I had run out of my homemade vegetable stock.

Instructions:

1. In a large soup pot, put olive oil and warm on medium high heat for about 15-20 seconds. Add onion and sauté for 3-4 minutes, until it is translucent.
2. Add garlic and vegetable stock cube if using and continue to sauté for about 2 more minutes.
3. Add zucchini and continue to cook while stirring for 1 more minute.
4. Add water (or vegetable stock) and coconut milk. Stir a little.
5. Add salt, turmeric, curry powder and black pepper and stir a little.
6. Add tamari sauce and lime juice, stir and cover the lid, leaving it ajar.
7. When the soup is boiling, let it boil for a couple of minutes then lower the heat to medium low and simmer for about 15-20 minutes, or until zucchinis are well cooked. When the soup is ready, turn off the heat, cover the lid and let it rest for about 10 minutes before serving (unless you want to eat it steaming HOT!). Enjoy it plain or with a nice, crusty bread.