

Summer Squash Soup with Basil

Recipe Courtesy of Curtis Aikens



Prep Time:	10 min	Level:	Serves:
Inactive Prep Time:	--	--	--
Cook Time:	40 min		

Ingredients

2 tablespoons olive oil

1 1/4 pounds zucchini, crookneck or pattypan squash, roughly chopped

1 large onion, chopped

6 cups Summer Vegetable Stock

1/2 cup julienned basil

1 1/2 tablespoons butter, softened

1 1/2 tablespoons flour

Salt and freshly ground pepper to taste

Juice of 1 lemon

Sour cream or plain yogurt as an accompaniment

This is bland and needs more spice so I add garlic, cloves and cardamom to taste, also fold in cream/half n half/ sour cream if I have it. I also reduce stock by half or omit for thick stew base. *Saute squash in pressure cooker then seal and cook for 6 minutes on high.

Directions

Heat the oil in a large saucepan or stockpot; add zucchini and onion. Saute for 5 minutes or until onions are translucent and zucchini is crisp tender. Then add stock, bring to a boil, reduce heat and partially cover and cook for 25 minutes. Add basil during the last 5 minutes of cooking. Mix the butter and flour together into a paste. Remove 1 cup of simmering stock and whisk in butter mixture until smooth. Add back into soup, stir until thickened. Remove soup from heat to a blender and puree until smooth. Taste and season with salt and pepper. Add lemon juice and serve with a dollop of sour cream or yogurt.

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