

Zucchini Bisque



Ingredients:

- 8 zucchini, unpeeled and thinly sliced
- 6 cups chicken or vegetable stock
- 2 cloves garlic, minced
- 1 yellow onion, chopped
- 1 cup fat-free half-and-half
- 1/2 cup fresh basil leaves, chopped
- 1/4 cup olive oil
- 1/4 cup sriracha sauce
- 1/4 cup green onions, thinly sliced
- 1 tablespoon butter
- 1 tablespoon kosher salt
- 1 tablespoon freshly ground black pepper
- 1/2 teaspoon ground nutmeg

Directions:

- 1) In a large soup pot, heat the butter and olive oil until melted.
- 2) Add the garlic and onion to the pot and sauté the vegetables until soft, about five minutes, then add the fresh basil and cook for one minute to release the aroma from the basil.
- 3) Stir in the chicken stock and then add the sliced zucchini, salt, pepper, and nutmeg. Simmer the soup for fifteen to twenty minutes, until the zucchini is soft.
- 4) Using an immersion blender, blend the soup until it is smooth and no visible pieces of the zucchini remain.
- 5) Stir in the half-and-half and the sriracha and adjust any seasoning as needed.
- 6) To serve, ladle the soup into deep bowls with a sprinkle of the chopped green onions and fresh basil.