



## Zucchini-Basil Soup

*Yield: 4-6 servings. Recipe from seriouseats.com.*

### Ingredients

2 tablespoons extra-virgin olive oil, plus more as needed and to serve  
 1 large leek, finely diced (about 8 ounces)  
 3 medium ribs celery, finely diced (about 6 ounces)  
 Kosher salt  
 3 medium cloves garlic, minced  
 1 1/2 pounds zucchini, split lengthwise and cut into 1/2-inch disks (see note)  
 2 cups packed fresh basil leaves, roughly chopped (about 2 ounces), divided  
 5 cups water  
 Freshly ground black pepper  
 Fresh juice from 1 lemon, to taste

### Nutritional info

Calories	89
Total Fat	5g
Sodium	252mg
Total Carbohydrates	11g
Dietary Fiber	3g
Protein	3g
Vitamin C	32mg
Calcium	79mg
Iron	1mg
Potassium	495mg

### Directions:

1. Heat olive oil in a large saucepan or saucier over medium heat until shimmering. Add leek and celery. Season with salt and cook, stirring, until vegetables are softened but not browned, about 5 minutes. If pan starts to look dry at any point, add a small splash of olive oil. Add garlic and cook, stirring, until fragrant, about 30 seconds. Add zucchini and cook, stirring, for 1 minute. Add half of basil, stir to combine, and add water.
2. Bring to a simmer and cook, stirring occasionally, until zucchini is tender but still bright green, about 10 minutes. Add remaining half of basil and blend soup using a handheld immersion blender or a countertop blender until it is as rough or as smooth as you like it. Season to taste with salt, black pepper, and lemon juice and serve, drizzling with additional olive oil at the table.
3. Additionally, you can add a dollop of plain yogurt or sour cream.

### Note:

Use young, firm zucchini for this recipe; larger zucchini will be more watery. The soup can be served hot, but is also delicious chilled on a hot day.