



Creamy Zucchini & Basil Soup

4 servings

30 minutes

Ingredients

1 tbsp Extra Virgin Olive Oil
1/2 Yellow Onion (diced)
3 Garlic (clove, minced)
2 Zucchini (large, chopped)
340 grams Tofu (firm, chopped)
950 milliliters Vegetable Broth
1 tsp Garlic Powder
1 tsp Sea Salt
40 grams Basil Leaves (tightly packed)

Directions

- 1 Heat the oil in a large pot over medium heat. Add the onion and cook for two minutes, stirring frequently. Add the garlic and continue to cook for two minutes. Add the zucchini and cook for two more minutes.
- 2 Add the tofu and vegetable broth and bring to a boil. Add the garlic powder and sea salt and reduce to a simmer. Cover and cook for 10 to 15 minutes, or until the zucchini is very tender.
- 3 Add the basil and remove from the heat. Use an immersion blender to blend the soup until smooth. Divide evenly between bowls and garnish with basil if desired. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Freeze for up to three months.

Serving Size: One serving is equal to approximately two cups.

Additional Toppings: Sauerkraut.

No Immersion Blender: Carefully pour the soup into a high-powered blender and blend until smooth. Work in batches as needed and vent for heat to escape.