

Curried Zucchini Soup

1 medium Zucchini, sliced
1 medium Yellow Onion, chopped
2 1/2 Cup Chicken or Vegetable Stock
1 Cup Plain Yogurt or Sour Cream
1 Tablespoon Olive Oil
1 Teaspoon Curry Powder
Salt and White Pepper

- 1) Dice the onions and sauté lightly in Olive oil in a soup until translucent and you see first hints of brown.
- 2) Add zucchini, stock, curry powder, and salt and pepper (to taste) to pot. Gently boil for 5-10 minutes until zucchini is soft.
- 4) Place mixture in a food processor or blender and chop thoroughly.
- 5) Return zucchini/onion mixture to pot except for one cup of the soup.
- 6) Slowly whisk yogurt or sour cream into the cup of reserved soup. Return whisked soup to pot and slowly add the remaining cream or yogurt.

If you wish to serve warm, keep on low heat, whisking regularly. A double-boiler may be used to keep soup warm.

Serve.

Can also be refrigerated and served cold, ala gazpacho.

Garnish with crouton; fresh grated Romano cheese, or fresh parsley or fresh mint, minced lightly.