



ISRAELI ZUCCHINI SOUP

Basic Lifestyle

INGREDIENTS

2 TBS unsalted margarine
1 large onion, sliced
3 cloves garlic, sliced
6 zucchinis, peeled and thinly sliced
6 cups water
1 bunch dill
salt and black pepper

INSTRUCTIONS

—In a saucepan, melt the margarine. Add the onion and sliced garlic cloves. Sauté over low heat until the onions are translucent. Add the thinly sliced zucchini and the water. Bring to a boil, reduce the heat, cover and simmer until the zucchini are very tender, about 20 minutes.

—Remove the soup from the heat. Add the dill to the hot soup and stir. Pour the soup through a strainer, reserving the liquid. Transfer the solids to a food processor. Add 2 cups of the cooking liquid and process until smooth.

—Return the puréed soup to the pot and add boiling water if necessary to achieve a rich consistency. Season to taste with pinch of salt and black pepper. Simmer briefly. Bring the soup to room temperature, then chill. The soup may also be served warm.

SERVING INFO: (Yields 6 servings): 1 1/2 cups = 2 V