

Creamy Heirloom Zucchini Soup

Ingredients

- 2 Tbsp olive oil
- 1 onion, chopped medium
- 2 large or 4 medium zucchinis, sliced longwise then into half moons (or cut into quarter moons, if the squash is big)
- 1 garlic clove (optional), chopped
- 1 tsp salt
- Black pepper
- ¼ cup water

Directions

1. Heat the oil over medium heat. Add onion and sauté until translucent.
2. Add zucchini, garlic (if using), salt, and a generous amount of black pepper. Keep stirring and cook 5 more minutes.
3. Add water. Cover and let everything steam over low heat for 5-10 mins, until zucchini is soft.
4. Add everything to a blender and blend until smooth.