Chilled Zucchini Soup

Jacob · 30/09/2024



Prep Time

2 hrs

Dificult

Medium

Servings

2 hrs 35 mins

Description

Perfect for the summer and quick to make If you enjoy gazpacho or any other cold soups youll love this Zucchini combines with tomato mint basil and a touch of lemon juice for a fresh tasting soup

Ingredients

— - 3 tablespoons olive oil

— divided - 1 onion

— finely chopped - 4 fresh tomato

— seeded and chopped - 4 cups water - 6 sprigs fresh mint

— divided - 3 zucchini

— sliced - 1 tablespoon cornstarch - 1 tablespoon cold water - salt and pepper to taste - 1 teaspoon lemon juice

— or to taste - 2 sprigs fresh basil

Instructions

1. Heat 2 tablespoons olive oil in a large saucepan over medium heat and cook onion until soft and translucent
2. about 5 minutes. Add tomatoes and cook for 2 minutes
3. stirring constantly. Pour water into the saucepan and bring to a boil. Add 4 sprigs of mint and zucchini. Reduce heat to low and simmer soup
4. covered
5. for 15 minutes. Remove mint. Stir together cornstarch and cold water and add to the soup. Increase heat to medium and whisk cornstarch mixture so soup thickens. Season with salt and pepper. Remove from heat and set aside to cool. Chill soup in the refrigerator until cold
6. about 2 hours. Before serving
7. add lemon juice and garnish with remaining mint
8. basil
9. and remaining olive oil.