
Cream of Zucchini Soup

Home Cookin - Junior League of Wichita Falls, TX - 1976

Servings: 4

1 pound young green zucchini
2 tablespoons butter
2 tablespoons shallots, finely chopped
1 clove garlic, minced
1 teaspoon curry powder
1/2 teaspoon salt
1/2 cup whipping cream
1 3/4 cups chicken broth

Scrub the zucchini and slice thinly. In a skillet, heat the butter and add the zucchini, shallots and garlic. Cover tightly and simmer for 10 minutes. Shake occasionally, do not let the mixture brown.

Spoon the mixture into a blender. Add the curry powder, salt, whipping cream and chicken broth. Blend for 30 seconds.

Serve hot with croutons or cold with chopped olives.

Soups, Chili, Stew

Per Serving (excluding unknown items): 177 Calories; 17g Fat (87.4% calories from fat); 3g Protein; 3g Carbohydrate; trace Dietary Fiber; 56mg Cholesterol; 671mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 3 1/2 Fat.