Zucchini Soup



Serves	4-6
Prep time	20 minutes
Cook time	30 minutes
Total time	50 minutes
Allergy / Intolerance	Amines, Artificial Addititives, Artificial Colours, Glutamates, Preservatives, Salicylates
Suitable for	RPAH Elimination Diet - Moderate Chemical, Salicylate Challenge
Meal type	Soup
Misc	Child Friendly, Freezable, Pre-preparable, Serve Hot

Ingredients

- 2 teaspoons Sunflower oil
- 4 Spring onions (finely chopped)
- 2 stalks Celery (finely chopped)
- 2 cloves Garlic (finely chopped)
- 1 Very large Zucchini (peeled and seeds removed (approx. 1.2kg flesh), grated and squeezed to remove the excess liquid)
- 4 cups Home made vegetable stock (refer to Basics page)
- 185ml Light evaporated milk
- Salt

Directions

1. Heat the oil in a large saucepan over medium heat. Add the spring onions and celery and fry for about 2 minutes, add the garlic and fry for another minute.
2. Add the zucchini and cook for about 5 minutes.
3. Add the stock and bring to the boil with the lid on. Reduce the heat and simmer partially covered for about 10 minutes or until the zucchini is cooked.
4. Transfer to a food processor and puree. Return to the saucepan and add the evaporated milk, season with salt.
5. Cook over medium heat until warmed through, then serve.
6. Can be stored in the freezer.

Note

Moderate Salicylates, Low Amines, Low Glutamates

Refer to Basics page for stock recipes.