

Recipe

ZUCCHINI SUNFLOWER SOUP

SERVES 4

THE GOODS:

- 1 large or 4 small zucchini
- 1/4 C Basil Leaves, chopped
- 1/4 White Onion, chopped
- 1/4 C sunflower seeds
- 1T Ghee or Butter
- 1/4 C water or broth
- Salt and Pepper to taste

THE METHOD:

Roughly chop the zucchini and place in a medium saucepan with 1/4 C water or broth, onion and a pinch of salt. Let simmer covered with a lid for 8-10 minutes or until the squash is fork tender. Transfer saucepan ingredients to a high-speed blender with the basil leaves and sunflower seeds and blend until smooth. Add back to the saucepan with the ghee, season with salt and pepper to taste. Let simmer until soup reduces to desired thickness.

Top with olive oil, extra seeds and some fresh basil. Set the table with beautiful sunflowers to savor the last days of summer (optional but recommended).

Boulder Nutrition