

## Zucchini Soup

**Prep:**

10 minutes

**Total:**

30 minutes

**Makes:**

12 full servings

**Utensil:**

Blender

Saladmaster Food Processor

7 Qt./6.6 L Roaster with Cover

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**Recipe:****Contributed By:**

Marni Wasserman

Certified Chef and Culinary Nutritionist, Marni uses passion and experience to educate individuals on how to adopt a realistic, plant-based diet that is both simple and delicious.

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**Recipe Description:**

Having a bowl of soup in the fall and winter months is a great way to get in your daily dose of veggies - especially the green ones. It is full of nutrients and low in calories!

1 - 2 leeks, processed, use Cone #3  
1 cauliflower, chopped  
3 - 4 decent sized zucchinis, processed, use Cone #3  
3 cloves of garlic, minced  
1 bunch of fresh dill, parsley or thyme (or 2 tablespoons of herb de provence)  
8 cups  
light vegetable broth or water (4 cups water + 4 cups broth)  
(1.9 L)  
salt and pepper to taste

**Directions:**

1. In roaster, sauté the leeks, cauliflower, zucchini and garlic until soft.
2. Add the dill and sauté until limp. Add the broth, bring to a simmer and cook for about 15 - 20 minutes, until everything is soft.
3. Let the soup cool a bit then run through a blender or food

processor until smooth.

Nutritional Information per

▼ Serving

**Calories:** 50  
**Total Fat:** 0g  
**Saturated Fat:** 0g  
**Cholesterol:** 0mg  
**Sodium:** 861mg  
**Total** 11g  
**Carbs:**  
**Dietary Fiber:** 3g  
**Sugar:** 5g  
**Protein:** 3g

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