



## Curried Zucchini Soup

*Adapted From South Beach Quick and Easy*

BAH Note: I found this soup to be equally good hot or chilled. If you use a stick blender, your soup won't be silky smooth. For velvety smoothness, process the soup in a blender or food processor. Either way is fine to enjoy zucchini with hints of ginger and super charged with sweet curry and garam masala heat.

- 2 teaspoons extra virgin olive oil
- 1 small onion, chopped
- 2 medium zucchini, sliced in 1/4 inch rounds
- 1 tablespoon fresh grated ginger
- 1 teaspoon sweet curry powder
- 1/2 teaspoon garam masala (optional)
- 3 cups chicken broth
- kosher salt

Heat oil in a large saucepan over medium heat. Add onion and cook until softened, approximately 5 minutes. Add the zucchini, ginger, curry powder, and garam masala (if using) and cook until the zucchini softens.

Add the broth and simmer for 10 to 15 minutes. Taste for seasoning and add kosher salt to taste.

Working in batches, carefully process the soup in a blender until smooth.

Serve plain or garnish with a dollop of sour cream, greek yogurt, or plain yogurt.

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