



Total Time
35 MIN.

Serving & Size
1-1/4 CUP

Difficulty
EASY

It takes less than one hour to make this smooth and creamy zucchini soup, served with a dollop of flavorful herbed cream.

Yields
48

Nutrition Facts	
Serving Size	1-1/4 CUP
Amount Per Serving	
Calories 117	
% Daily Value	
Total Fat 8.1g	12%
Saturated Fat 2.6g	13%
Cholesterol 8mg	3%
Sodium 304mg	13%
Total Carbohydrate 7.8g	3%
Dietary Fiber 1.8g	7%
Protein 3.2g	6%
Vitamin A 5%	Vitamin C 29%
Calcium 5%	Iron 3%

INGREDIENTS	WEIGHT	MEASURE
sour cream	2 lb.	1 qt.
fresh basil leaves, chopped	2 oz.	667/1000 cups
fresh oregano leaves, chopped	2 oz.	667/1000 cups
olive oil		1 cups
onion, finely chopped	43 oz.	2 qt.
garlic, whole cloves, peeled, minced		8 cloves
zucchini, medium , sliced thin	14 lb.	32 ea.
black pepper		2 tsp.
Swanson® Natural Goodness® Chicken Broth		24 cups

INSTRUCTIONS

1. Stir sour cream, 2 tablespoons+ 2 teaspoons each of basil and oregano in a large bowl. Cover and refrigerate.
CCP: Refrigerate at 41 °F (5 °C) or lower.
2. Heat the oil in a stock pot over medium heat. Add onion and garlic until tender. Add zucchini and black pepper. Cook for 5 minutes, or until the zucchini is tender.
CCP: Hold hot at 140 °F.
3. Add the Swanson® Vegetable broth, and the remaining basil and oregano. Heat to a boil. Reduce heat to low. Cover and cook for 15 minutes.
CCP: Hold hot at 140 °F.
4. Place 1/3 of the zucchini mixture into a blender or food processor. Cover and blend until smooth. Pour the mixture into a large bowl. Repeat blending process twice more with the remaining zucchini mixture. Return all of the pureed mixture to the stockpot. Cook over medium heat for five minutes or until hot.
CCP: Hold hot at 140 °F.
5. To Serve: Using an 8 oz plus a 2 oz. ladle, portion 1-1/4 cup soup into soup bowl. Top with 1 tablespoon sour cream mixture. Using a spoon, swirl the cream in a decorative pattern on the soup surface.
CCP: Hold for hot service at 140 °F.

TIP

Pair with Garlic Grilled Chicken and 1/2 cup of cherries for a meal under 500 calories.