

Summer Garden Soup August 2006 Good Housekeeping

2 tablespoons olive oil
1 large onion, chopped
3 cups water
3 medium zucchini and/or yellow squash (about 8 ounces each), chopped coarsely
2 red and/or yellow bell peppers, coarsely chopped (can also use Giant Marconi peppers)
3 large ripe tomatoes, chopped
3 garlic cloves, crushed with a press
½ teaspoon of fennel seeds
Salt and ground black pepper
Sliced basil for garnish



1. In a 5qt. saucepot, heat oil over medium-high heat. Add onion; cook 10 minutes or until tender and lightly browned. Add water, squash, peppers, tomatoes, garlic, fennel seeds, 2 teaspoons of salt, and ¼ teaspoon of black pepper; heat to boiling. Reduce heat to medium; cook, uncovered, 20 minutes or until vegetables are tender.
2. Remove 4 cups of the soup from the saucepot. In a blender, with the center insert of the lid removed to allow steam to escape, blend the 4 cups of soup in small batches, until pureed. Return the pureed soup to the saucepot. Reheat soup to serve hot, or refrigerate to serve cold later. Garnish with basil when served.

Each serving: About 120 calories, 4 g protein, 18 g carbohydrate, 5 g total fat (1 g saturated), 5 g fiber, 0 cholesterol, 795 mg sodium.