

Creamy Lemon Zucchini Soup

It happens to be every gardener's dilemma this time of year – what to do with all the zucchini? It's impossible to have too many recipes for zucchini. Apparently it is an international problem as well because our neighbors down the road gifted us with a basket full last Sunday morning. Moments later, a summer storm rolled across our mountain top and rain and soup just happen to be a favorite combination of mine. With a little improv from spices I had on hand those humble zucchini turned into a beautiful warming lunch in no time. Now you can try it for yourself.

Ingredients

- 3 large organic zucchini or summer squash, cut into small pieces
- 3-4 Yukon gold potatoes large potato, cut into small pieces
- 2 medium sized carrots, cut in small pieces
- 1 yellow sweet pepper, diced
- 4-5 shallot,s peeled and diced
- 2 TBL olive or coconut oil
- 2 cubes of organic vegetable bouillon
- 1-2 TBL of fines herb mix (parsley, chives, chervil and tarragon)
- 1-2 TBL Ras el hanout spice mix
- A pinch or so of red pepper flakes
- ½-1 cup of nut milk- I used coconut but cashew or almond would work well

- Juice of one lemon
- Salt and pepper to taste

Directions

Heat oil in bottom of heavy stock pot over medium heat. Add shallots and reduce to low, saute slowly being careful not to burn. Add pepper flakes and sweet pepper and herb and spice mixes. When sweet pepper has softened add all of the vegetables. Stir and coat well with oil and seasonings.

Add bouillon cubes and enough water to cover all ingredients. Simmer until vegetables are quite tender. Add nut milks and blend with immersion blender to desired consistency, adding more water or milk as needed and lemon juice. Adjust seasonings and serve!