

Soups are almost always kitchen sink affairs for me. I take anything that is leftover in the fridge and throw it in the pot. Now that I'm avoiding garlic/ onion 🙄 I have to find ingredients that are more forgiving. Zucchini is so abundant right now in all the farmers markets and adds such great flavor to any soup.

Zucchini Carrot Celery Soup

(an acid friendly recipe)

Serves 4

Ingredients:

2 large zucchinis, washed and cubed

2 stalks celery, sliced

1 carrot, chopped

1 inch ginger, sliced

3/4 tsp turmeric

1 tbsp ground, roasted cumin powder

Vegetable broth

Oil

Salt

Method:

In a pot, heat 1 tbsp oil. Add the sliced ginger and sauté for about a minute.

Add the celery and carrots and sauté for about 5 minutes still they begin to wilt a little.

Add the chopped zucchini, turmeric, cumin and mix well. Cook this for about 5 minutes until the zucchini begins to shrink.

Add 4-5 cups of broth. Cover and let the soup simmer for about 20 minutes till all the veggies are very soft.

Allow the soup to cool down and blend it till it is absolutely smooth in small batches. You can add more stock if required. Top with chia seeds and any of your favorite toppings. I love eating it with crunchy roasted broccoli and cauliflower.