Healthy Cold Summer Soup (USA)

1 large onion, chopped
1 large garlic clove, chopped
1 Tbsp. butter
1 medium zucchini (2 c.)
1 small Yukon Gold potato, peeled
1 stalk celery
1 medium-large carrot or equivalent baby carrots
1 medium parsnip
2 c. chicken broth, defatted (1 14-oz. can plus water to make 2 c.)
Handful fresh parsley
Generous handful fresh dill
Salt to taste
A few grinds fresh black pepper

In a large skillet, sauté onion and garlic in butter over low heat until soft and yellow. In a food processor, chop zucchini, potato, celery, carrot, and parsnip. Don’t over chop. All should be in small dice. Add to onion and garlic and cook a few minutes, stirring.

Add chicken broth to skillet and bring to a boil. Reduce heat to simmer. Cover and cook 15 minutes. Everything should be cooked through and soft. Cool. Add parsley, dill, salt, and pepper. Purée in food processor or blender. Add more chicken broth if you like a thinner soup. Refrigerate for at least several hours or up to a day so that dill flavor will penetrate soup. Serve cold, with a dollop of cream or sour cream if you like. Makes 4 to 6 servings.

Ellen S.