

Courgette Soup

Makes: 5 Servings

Ingredients

¼ Cup butter (low fat)
1 Medium onion, chopped
1½ lb Courgettes washed and sliced
800ml Chicken stock
½ teaspoon ground nutmeg
½ cup milk
Salt & pepper to taste.



Instructions

1. Melt the butter and sauté the onion in it until golden. Add Courgettes and sauté over a medium-high heat until soft (10 – 15 mins)
2. Add chicken stock, salt and pepper and nutmeg simmer for 15 minutes, add the milk and let the mixture cool.
3. Puree the broth mixture in a blender. Refrigerate for a minimum of 4 hours, to allow the flavours to blend.

Nutrition information:

per serving:
Kcal 80
Fat 3 g
Carbs 4 g
Protein 2 g