

Recipe

COCONUT PAPRIKA ZUCCHINI SOUP



► ► Vegan, gluten free, nut-free, one-pot

Yield: 4-6 servings

Prep Time: 10 min

Cook Time: 20-25 min

Total Time: 35 min

INGREDIENTS

- 1 tsp (5 ml) sunflower oil
- 2 yellow onions, roughly diced
- 2 cloves garlic, crushed
- 2 cups (500 ml) water
- 2 vegetable bouillon cubes
- 1 zucchini, roughly chopped
- 3 bell peppers, roughly chopped
- 1 tsp (5 g) ground coriander
- 1/4 cup (62 g) sun-dried paprika (bell peppers) in oil
- 1 can (400 ml) full fat coconut milk

DIRECTIONS

1. Heat the oil in a large soup pot over medium-high heat. Add onions and sauté until lightly brown and soft, about 5 minutes. Add splashes of water as needed to decaramelize the pan and prevent burning and sticking. Add crushed garlic and bouillon cubes and stir until the cubes have dissolved and the garlic is fragrant - about 1-2 minutes.
2. Add zucchini, bell peppers, coriander, and sun-dried paprika to the pot and sauté for 4-5 minutes. Add the remaining water.
3. Bring everything to a boil, then reduce heat to low, and simmer with lid partially covered for 10-15 minutes.
4. Add the coconut milk and cook for another 3-5 minutes, then blend the soup with an immersion blender until creamy. Garnish and enjoy!

NOTES

1. **Garnishing:** top with croutons, rustic bread, fried onions, roasted chickpeas. fresh thyme or basil or a swirl of olive oil.
2. **Storage:** keep in an airtight container for up to 4 days, or in the freezer for up to 2 months.
3. **Leftovers:** this is a great batch cooking recipe. Prepare more than you need and freeze some for later. This recipe also works great for whenever you find yourself with past-it's-prime vegetables.
4. **Variations:** use roasted red peppers in water instead of sun-dried paprika in oil, low-fat coconut milk, or cumin instead of coriander powder. Feel free to add in other vegetables or different types to this soup. You really can't go wrong.

SADIA BADIEI

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