

Beth's Zucchini Soup

Ingredients:

3-4 zucchini, diced (ideally use smaller, tender zucchini, not the big ones)
4 cloves garlic, sliced thin
2 Tablespoons olive oil
1 small onion, chopped
1 can garbanzo beans
1 can diced tomatoes
sprig of fresh oregano or 1 tsp crushed, dried
Fresh basil leaves, torn or 1 tsp crushed, dried
4 cups chicken or vegetable broth
2 Parmesan cheese rind pieces (optional)
salt generously, add ground black pepper

Instructions:

Saute onions in garlic in olive oil on medium for a couple of minutes until the onions turn opaque and the garlic is fragrant. Add the zucchini and continue to saute the vegetables until the zucchini starts to soften. Add the oregano; stir, allowing some to brown a little. Add broth, salt, pepper, tomatoes, (undrained) and parmesan rinds. Beware that parmesan will stick to your pot and everything so use with caution. The end result can be little flavor bombs of parmesan but there's a trade off with the sticky mess on your pot and utensils. You can also top with grated parmesan.