



# Creamy Zucchini Soup Recipe for Comforting Meals

## Introduction

Zucchini soup is a delightful dish that combines fresh ingredients for a light yet satisfying meal. This recipe from Love and Lemons uses coconut milk to create a creamy texture, while basil, cilantro, and lime add bright flavors. Ideal for a healthy lunch or dinner, this soup is also vegan and gluten-free. Let's dive into the ingredients and cooking process.

## Detailed Ingredients with measures

Coconut oil: 2 tablespoons  
Shallots: 2, chopped (approximately  $\frac{2}{3}$  cup)  
Zucchini: 3 medium (about 1½ pounds), chopped  
Garlic cloves: 2, sliced  
Serrano pepper:  $\frac{1}{2}$  to 1, stemmed and sliced  
Sea salt:  $\frac{3}{4}$  teaspoon  
Coconut milk: 1 (13.5-ounce) can, full-fat, plus more for optional garnish  
Lime zest: Zest of one lime  
Fresh ginger: 1 tablespoon, grated  
Cane sugar:  $\frac{1}{2}$  teaspoon  
Fresh basil leaves:  $\frac{1}{3}$  cup, plus more for garnish  
Fresh cilantro:  $\frac{1}{3}$  cup, plus more for garnish  
Fresh lime juice: 3 tablespoons, plus wedges for serving

## Prep Time

10 minutes

## Cook Time, Total Time, Yield

Cook Time: 25 minutes

Total Time: 35 minutes

Yield: 4 servings

To make the soup, start by heating the coconut oil in a large pot over medium heat. Add the chopped shallots, zucchini, garlic, and serrano pepper along with sea salt. Cook for about 8 minutes until the zucchini is tender. Next, pour in the coconut milk, lime zest, grated ginger, and cane sugar; bring to a simmer and let it cook for another 15 minutes. After removing from heat, cool slightly and blend in fresh basil, cilantro,

and lime juice until smooth. Serve the soup garnished with extra coconut milk, basil, and cilantro, accompanied by lime wedges for a refreshing kick. Enjoy your creamy and refreshing zucchini soup!

See also [Cranberry Cheesecake Bars](#)

## Detailed Directions and Instructions

### Step 1: Sauté Vegetables

Heat the coconut oil in a large pot or Dutch oven over medium heat. Add the chopped shallots, zucchini, sliced garlic, sliced serrano pepper, and sea salt. Cook while stirring occasionally for about 8 minutes, or until the zucchini is tender but not mushy.

### Step 2: Add Coconut Milk and Seasonings

Stir in the full-fat coconut milk, lime zest, grated fresh ginger, and cane sugar. Bring the mixture to a simmer and then cook for 15 minutes. Remove from heat and allow it to cool slightly.

### Step 3: Blend the Soup

Transfer the mixture to a blender. Add the fresh basil leaves, cilantro, and lime juice. Blend until smooth and creamy. Taste the soup and adjust seasoning if necessary.

### Step 4: Serve

Pour the soup into bowls. If desired, drizzle with additional coconut milk and garnish with extra basil and cilantro. Serve lime wedges on the side for squeezing.

## Notes

### **Ingredient Variations**

Feel free to adjust the amount of serrano pepper based on your desired heat level.

### **Serving Suggestions**

This soup can be enjoyed warm or chilled, depending on your preference.

### **Storage**

Store any leftover soup in an airtight container in the refrigerator for up to 3 days. Reheat gently on the stove before serving.



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## Cook techniques

### 1. Sautéing

Sautéing is a cooking technique that involves cooking food quickly in a small amount of oil or fat over medium to high heat. In this recipe, shallots, zucchini, garlic, and serrano pepper are sautéed to develop their flavors and soften their texture before adding the coconut milk.

See also [Yogurt Cheesecake Barks](#)

## 2. Simmering

Simmering involves cooking food in liquid at a low temperature just below boiling. The coconut milk is added and brought to a simmer to allow the flavors to meld together and the zucchini to become tender.

## 3. Blending

Blending is used to achieve a smooth and creamy texture in soups. After cooking, the mixture is transferred to a blender with fresh herbs and lime juice to create a silky-smooth zucchini soup.

## 4. Garnishing

Garnishing is the art of decorating a dish to enhance its visual appeal and flavor. In this recipe, additional coconut milk, basil, cilantro, and lime wedges are used as garnishes to complement the soup.

# FAQ

### **Can I use other types of oil instead of coconut oil?**

Yes, you can substitute coconut oil with olive oil or any other cooking oil you prefer, though it may alter the flavor slightly.

### **How can I adjust the spiciness of the soup?**

You can control the spiciness by adjusting the amount of serrano pepper used. For a milder soup, omit the pepper or use less; for more heat, add more.

### **Is it possible to use other vegetables in this soup?**

Yes, you can incorporate other vegetables like spinach, kale, or green

peas for added nutrition and flavor. Just make sure to adjust the cooking time accordingly.

### **How can I store leftover zucchini soup?**

Leftover zucchini soup can be stored in an airtight container in the refrigerator for up to three days or frozen for up to three months.

### **Can I make this soup nut-free?**

Yes, you can use vegetable broth instead of coconut milk for a nut-free version, but the texture and flavor will be different.

See also [Loving Syrup](#)

## **Conclusion**

This creamy zucchini soup is a delightful and nutritious dish that combines the flavors of fresh vegetables, herbs, and coconut milk. Its rich texture and refreshing taste make it perfect for any occasion, whether as a starter or a light meal. The balance of heat from the serrano pepper, the brightness from lime, and the creaminess of coconut milk create an exceptional flavor profile that is both satisfying and comforting.

### **Herbed Quinoa Salad**

Combine cooked quinoa with fresh herbs, diced cucumbers, cherry tomatoes, and a lemon vinaigrette for a refreshing side dish that complements zucchini soup beautifully.

### **Grilled Vegetable Platter**

Lightly grill an assortment of vegetables such as bell peppers, eggplant,

and asparagus. Drizzle with balsamic glaze to enhance the smoky flavors and serve alongside the soup.

### **Coconut Curry Chickpeas**

Simmer chickpeas in coconut milk with curry powder, spinach, and diced tomatoes for a protein-packed dish that pairs well with the flavors of the zucchini soup.

### **Avocado Toast with Lime**

Spread ripe avocado on whole-grain toast, sprinkle with lime juice and sea salt, and perhaps a sprinkle of red pepper flakes for a delicious and easy pairing with the soup.

### **Spicy Mango Salsa**

Mix diced mango, red onion, jalapeño, cilantro, and lime juice for a sweet and spicy salsa that adds a bright touch when served alongside the soup.



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