



## *Garden Fresh Farm Recipes*

# Savory Yellow Squash Soup

A smooth, comforting bowl of sunshine — this savory yellow squash soup is the perfect way to celebrate summer's bounty. Made with tender squash, golden potatoes, garlic, and herbs, it blends into a velvety soup with a rich, earthy flavor. A splash of cream adds depth, while hints of thyme and black pepper round it out. Whether served with crusty bread or as a starter for a summer supper, it's a simple, soul-soothing dish that lets the garden shine.

### **Ingredients:**

2 tbsp olive oil or butter  
1 medium onion, chopped  
2 garlic cloves, minced  
5–6 yellow squash (about 2 lbs), sliced  
1 medium Yukon Gold potato, peeled and diced (for creaminess)  
4 cups vegetable or chicken broth  
1 tsp salt (adjust to taste)  
1/2 tsp black pepper  
1/2 tsp dried thyme (or fresh thyme sprigs)  
Optional: pinch of red pepper flakes  
1/2 cup heavy cream, half & half, or coconut milk  
Optional garnish: fresh herbs (parsley, chives), sour cream, or grated Parmesan



### **Directions:**

In a large pot, heat olive oil or butter over medium heat. Add chopped onion and sauté until translucent (5 minutes). Add garlic and cook 1 minute more.

Add sliced squash, potato, broth, salt, pepper, and thyme. Bring to a boil, then reduce to a simmer. Cook uncovered 20–25 minutes, or until squash and potato are very soft.

Use an immersion blender to purée until smooth, or carefully blend in batches in a regular blender.

Stir in cream (or coconut milk). Taste and adjust seasoning.

Serve hot, topped with a swirl of cream or herbs if desired. Pairs well with crusty bread or grilled cheese.