



## *Garden Fresh Farm Recipes*

# Summer Squash Soup with Beans

Hearty soup made with garden fresh zucchini and yellow squash with tomatoes and garbanzo beans seasoned with curry powder.

### Ingredients:

- 1 tablespoon olive oil
- 1 large yellow onion, chopped
- 1 bell pepper, chopped
- 2 medium sized zucchini, peeled and chopped
- 2 yellow squash, chopped
- 1 Brice squash, peeled, seeded and chopped
- 2 can garbanzo beans (15 ounces)
- 1 can diced tomatoes (14.5 ounces)
- 1 quart chicken broth
- 2 teaspoons curry powder
- 1 Cup half-and-half
- Salt and pepper to taste

### Directions:

Sauté the chopped onion in 1 tablespoon of olive oil over medium high heat until translucent, about 8 minutes, stirring consistently. Add the chopped bell pepper and continue to sauté until the pepper is fragrant.

Add the chopped zucchini, yellow squash and Brice. Sauté 2 more minutes. Add 1 can garbanzo beans, diced tomatoes, and chicken broth and Curry powder. Bring soup to a boil then reduce heat to medium low and cook until zucchini is soft, about 15 to 20 minutes. Purée until smooth. Add half-and-half and 1 can garbanzo beans. Heat an additional 5 minutes.

Add salt and pepper to taste. Serve soup warm or chilled, topped with sour cream, cracked pepper, cilantro sprigs and fresh crusty bread.