



Zucchini Soup

Instructions:

Cook the onions in a bit of water until soft.

Add the zucchini and cauliflower. Cook for 45 minutes on low heat with just enough water to cover the bottom of the pot.

Add water, chicken soup mix, and salt.

Cook for another 45 minutes and blend with a hand blender.

A 16 oz. bowl counts as 1 dinner side

Prep Time:

10 minutes

Cook Time:

1 1/2 hours

Ingredients:

2 onions - sliced

4 medium zucchinis -
unpeeled

16 oz. bag cauliflower

6 cups water

3 TBSP. chicken soup mix

salt to taste