

# RECIPE OF THE WEEK

FEATURING: *CUCUMBERS!*

## COOL CUCUMBER SOUP

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Serves: 4

### Ingredients

- 5 cucumbers (chopped)
- 3 cloves garlic (minced)
- 2 onions (diced)
- 2 1/2 cups good quality vegetable broth
- 1/4 cup chopped fresh dill
- Fresh ground black pepper to taste
- 1 cup unsweetened plant milk (soy or almond recommended)

### Instructions

First, in a large saucepan, heat the pan over medium heat. Next, add the cucumbers, garlic, and onions to the pan and heat just until the onions are transparent, about 6 minutes. Add water, 1 Tbsp. at a time, to keep vegetables from sticking.

Next, add the vegetable broth to the pan, and simmer until the cucumber is fully soft, about 15 to 20 minutes.

Remove the pan from the heat. Carefully transfer the mixture to a blender or food processor and then carefully blend just until the mixture is completely smooth. While the mixture is still warm, stir in the fresh dill and season with fresh ground black pepper, to taste.

Place the entire mixture in the refrigerator and allow to chill until fully cool.

Stir in the plant milk just before serving. Taste, and adjust seasonings to taste. Note that the recipe doesn't call for salt, but you may add a touch just before serving.

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