

# Zucchini soup ala anne

by Anne Vogler

## Ingredients

Ingredient	Amount
Zucchini	4 medium pcs
Carrots	3-4 medium pcs
Celery	2-4 sticks
Garlic Cloves	3-6
Onions	1 of the conkers
Vegetable broth	1-1,5l
Parsil	upon need
Oil	for frying

## Instructions

1. Chop the Veggies
2. Chop the Onion/s and the Garlic Cloves
3. Pour some oil into a semi big pot
4. add Onions and Garlic- fry until glassy
5. add the Zucchini- fry for one minute
6. add the rest of the veggies and the parsil
7. let it fry for 2-5minutes
8. add the Broth
9. let it cook until the veggies are soft
10. blend it until it is smooth as hell
11. Add some milk or cream for silkyness

## Nutrients

Nutrient	per 100g	Total
<b>Energy</b>		
<b>Carbohydrates</b>		
Dietary Fiber		
Sugar		
<b>Fat</b>		
Saturated Fat		
Trans Fat		
<b>Cholesterol</b>		
<b>Sodium</b>		
<b>Protein</b>		
<b>Vitamin A</b>		

Nutrient	per 100g	Total
<b>Vitamin C</b>		
<b>Calcium</b>		
<b>Iron</b>		

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