

## **Quick Zucchini Soup (good for all days)**

- 1 red onion small diced**
- 1 tablespoon olive oil**
- 3 leeks sliced thin**
- 4 zucchini sliced**
- 1 teaspoon salt**
- 1/2 teaspoon freshly ground black pepper**
- 3 to 4 cups water warmed**

Heat olive oil in large saucepan. Sauté onion and leeks until soft. Add zucchini and water. Season with salt and pepper. When the zucchini is cooked through, puree with an immersion blender or carefully in a blender. Adjust seasonings.