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# Zucchini Soup III

*Home Cookin - Junior League of Wichita Falls, TX - 1976*

**1 1/2 pounds (three medium) zucchini**  
**1/2 cup sliced shallots or green onions**  
**3 tablespoons butter**  
**6 cups chicken broth**  
**1 1/2 teaspoons wine vinegar**  
**3/4 teaspoon dried dill weed or tarragon**  
**4 tablespoons quick-cooking farina or Cream of Wheat**  
**1/2 cup sour cream**

Wash off the zucchini. Cut off the tips of both ends. Slice into 1/2-inch chunks. In a skillet, cook the sliced shallots or onions slowly in butter for about 5 minutes until tender but not brown.

Add the zucchini, chicken broth, vinegar and dill weed. Bring to a boil. Stir in the farina. Simmer, partially covered, for 20 to 25 minutes.

Puree' in a blender. Return the soup to the pan. Thin with more liquid if necessary. Season carefully with salt and pepper. Beat in the sour cream just before serving.

Yield: 8 to 10 servings

**Soups, Chili, Stew**

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*Per Serving (excluding unknown items): 824 Calories; 67g Fat (73.0% calories from fat); 36g Protein; 19g Carbohydrate; 4g Dietary Fiber; 144mg Cholesterol; 5001mg Sodium. Exchanges: 3 Lean Meat; 1 1/2 Vegetable; 1/2 Non-Fat Milk; 1 1/2 Fat; 0 Other Carbohydrates.*