



Makes 11 cups
Preparation Time: 20 minutes
Cook Time: 20 minutes

INGREDIENTS:

2 cups fresh or frozen sliced leeks

4 cups low-sodium vegetable broth

3 cups fresh or frozen shredded zucchini

2 8-oz. russet potatoes, peeled and coarsely chopped

1 teaspoon dried herbes de Provence, crushed

2 15-oz. cans no-salt-added cannellini beans, undrained

1 teaspoon lemon zest

¼ cup lemon juice

½ teaspoon sea salt

½ cup raw pepitas (pumpkin seeds), coarsely chopped

Lemon wedges

Creamy Zucchini and Potato Soup with Lemon

Zucchini is one of those plants that can easily get out of hand in the garden! Whether you're inundated by a bumper crop or you got carried away at the farmers market, this lemony zucchini and potato soup is a win-win all around. A buttery leek and potato base gets a boost of green from mild-tasting zucchini, while a can of **cannellini beans** provides extra staying power. Fragrant with the grassy flavor of dried herbes de Provence and brightened with the zest and juice of fresh lemon, this kid-friendly soup suits any occasion. Garnish with pepitas (pumpkin seeds), lemon zest, and grated zucchini.

How to freeze leftover zucchini

Still too much zucchini on hand? Freeze it for later! Shred zucchini and transfer measured amounts to resealable plastic freezer bags, press out the air, and seal. Freeze for up to 6 months.

For more inspiration, check out these tasty ideas:

- [Zucchini, Corn, and Black Bean Soup](#)
- [Zucchini Fritters](#)
- [Italian-Style Zucchini and Chickpea Sauté](#)

Or check out our collection of [zucchini recipes](#)!

By Ellen Boeke

- 1** In a 5- to 6-quart Dutch oven cook leeks over medium-high 3 minutes or until tender, stirring occasionally and adding water, 1 to 2 tablespoons at a time, as needed to prevent sticking. Add broth, zucchini, potatoes, and herbes de Provence. Bring to boiling; reduce heat. Cover and simmer 20 minutes or until potatoes are very tender.
- 2** Stir in beans, lemon zest, lemon juice, and salt. Using an immersion blender, blend soup until smooth. (Or transfer to a blender in batches; cover and blend until smooth. Return to pot.) If you like, add water or additional broth to thin to desired consistency. Heat through. Top with pepitas and, if you like, additional lemon zest and shredded zucchini. Serve with lemon wedges.