



Makes 8 cups
Preparation Time: 20 minutes
Cook Time: 20 minutes

INGREDIENTS:

1 32-oz. carton unsweetened,
unflavored almond milk

2 cups ½-inch pieces peeled
russet potatoes

½ cup chopped onion

½ cup chopped celery

2 cloves garlic, minced

2 cups fresh corn

1 15-oz. can no-salt-added black
beans, rinsed and drained

1 medium zucchini, quartered
lengthwise and cut into ¼-inch
slices

1 teaspoon snipped fresh thyme

2 tablespoons sherry vinegar

Sea salt and freshly ground
black pepper, to taste

Zucchini, Corn, and Black Bean Soup

Showcase your farmers market finds in this colorful Zucchini, Corn, and Black Bean Soup, which features a luscious almond milk–based broth and mouthwatering medley of unexpected flavors. If you like this recipe, try our equally flavorful and delicious [Cannellini Bean, Kale, and Orzo Soup](#) recipe next.

By Carla Christian, RD, LD

- 1 In a 4-qt. Dutch oven combine almond milk, potatoes, onion, celery, and garlic. Bring to boiling; reduce heat. Simmer 10 to 12 minutes or until potatoes are tender, stirring occasionally.
- 2 Stir in corn, beans, zucchini, and thyme. Return to boiling; reduce heat. Simmer 10 minutes or until zucchini is tender. Stir in vinegar and season with salt and pepper.