

**Seasonal Eating**

**Summer Squash Soup**

Ideas for Using Fresh Produce

- 2 tablespoons olive oil
- 1 sweet onion, chopped
- 3 cloves garlic, minced
- 3 yellow summer squash, peeled and chopped
- 1 handful fresh thyme sprigs
- 2 cups chicken broth
- 1/4 teaspoon salt
- Fresh lemon juice from 1/2 a lemon
- Grated Parmesan cheese
- Toasted pine nuts
- Fresh thyme sprigs

Heat olive oil in a Dutch oven. Add onion and garlic. Cover and simmer on low for few minutes until softened and fragrant, about 5 minutes. Add squash and lemon thyme. Cover and simmer for 20 minutes. Add chicken broth and let simmer, covered, until the squash has cooked down, about 10 more minutes. Remove the thyme stems and pour soup into blender. Add salt and lemon juice. Puree the soup and taste to adjust seasoning. Ladle into soup plates. Top with parmesan cheese, pine nuts and a sprig of thyme.



**Seasonal Kitchen Produce Pages**  
**Bedford County Farmers Market**  
bedford.tennessee.edu

(Click on Seasonal Eating under the Family Menu)



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