



## ZUCCHINI COCONUT SAGE SOUP

### Ingredients

- 1 tablespoon coconut oil
- ½ shallot (onion), peeled
- 2 garlic cloves, peeled
- 2 large zucchini, washed and cut into quarter-size pieces
- 3 small sage leaves
- 2 cups vegetable stock
- 1 cup coconut milk
- 1 teaspoon salt
- 1 teaspoon white pepper
- ¼ cup chickpeas, toasted

### Directions

1. Heat skillet and coconut oil to medium heat.
2. When pan is hot, add zucchini, shallot and garlic, along with the salt and pepper. Cook until zucchini is tender, about 5 minutes.
3. Add vegetable stock and sage to pan. Bring to a boil, then cover.
4. Reduce heat and simmer for 15 minutes.
5. Add coconut milk; adjust salt and pepper to taste.
6. Carefully add mixture to a blender (use caution with the hot ingredients) and blend until smooth. Use an immersion blender if you have one.
7. Serve with toasted chickpeas on top. Garnish with chives or parsley (optional).

Garcia recommends eating this soup with a grilled cheese sandwich on the side.