

Sopa de Flor de Calabaza ~ Squash Blossom Soup



Soup

- 2 TBSP olive oil, avocado oil, or butter
- 1 TBSP diced white onion (I used the white part of some green onion for a slightly milder flavor)
- 1 cup (125 grams) corn kernels (choose organic whenever possible because this is a predominantly GMO crop that is sprayed in the U.S.)
- About 1.5 medium zucchini cubed (340 g)
- About 15 squash blossoms (125 g) with stems and centers removed (check for bugs because sometimes they linger inside)
- 4 cups homemade chicken broth
- 1 tsp (or to taste) Himalayan or sea salt
- Freshly ground black pepper

→In a large pot over medium heat, heat oil or butter until hot. Then add onion and sauté until translucent (about 3 minutes).

→Add the corn kernels and cook another 3 minutes.

→Add the zucchini and cook an additional 3-5 minutes until it softens.

→Add the squash blossoms and cook for a minute.

→Add half of the chicken stock and cook for another minute. Then, transfer the soup to a blender and blend until pureed.

→If you would like a silkier soup (without pieces of corn skin) pass through a fine mesh strainer and return to pot. Then add the remaining chicken stock, salt and pepper and heat until it reaches a boil. Then shut off.

→To serve, ladle into shallow bowls and garnish with a squash blossom, zucchini strips (cut with vegetable peeler), olive oil, and pepitas (pumpkin seeds).

NOTES:

You certainly do not have to strain this soup, but I liked the smoother texture better. Just make sure you press out all of the liquid and only discard the corn skins.

