

ZUCCHINI SOUP WITH TAHINI

(from the Bewitching Kitchen)

1 tablespoon olive oil
2 small shallots, minced
4 medium zucchini, sliced
1/4 of head of cauliflower, florets only
salt and pepper to taste
1 lemon, juiced (divided)
2 to 3 cups water
1/4 cup tahini
1/4 cup yogurt
additional yogurt and Sriracha for serving (optional)
toasted sesame seeds for garnish

Heat the olive oil in a large stockpot. Add the shallots, season lightly with salt and pepper, cook until fragrant. Add the zucchini and cauliflower, saute in medium-high heat until soft and the cauliflower starts to develop some golden color.

Add the water, half of the lemon juice, season with salt and pepper, cover the pan and reduce heat. Simmer for about 20 minutes. Reserve 1 cup of liquid. Transfer the vegetables to a blender or food processor, and blend until fully smooth. Return the pureed soup to the pan, add the reserved liquid until it reaches a consistency you like. Add yogurt, tahini, mix, and simmer just to heat through. Add the remaining lemon juice just before serving.

If desired, add a dollop of yogurt and Sriracha on the serving bowl, and sprinkle with toasted sesame seeds.