

## Zucchini and Oat Soup – *Sopa de calabacitas con avena*

### Ingredients (for 10-12 portions)

- 6-8 medium (1½-1¾lb, 680-800g) zucchini; washed, ends removed, halved lengthwise, and sliced
- ¾ cup rolled oats (old-fashioned, not instant)
- ¼ white onion; peeled, and finely chopped
- 8 cups milk
- 3-4 cups hot mushroom or vegetable broth (or water and 1 cube bouillon)
- 2 tbsp butter
- Salt and pepper (preferably white), to taste
- Optional:** sliced fried bacon; croutons



Place butter and onions in a large pot over medium heat. Stir to melt butter and coat onions, and continue cooking until onions become translucent, then stir in oats. Continue stirring and cooking for a couple of minutes, until the oats have turned light golden brown. Incorporate zucchini slices, and sauté for one more minute. Pour in half a cup of broth (or water), and scrape any brown bits from the bottom of the pot. Add milk, and continue stirring to bring to a gentle boil, then add the rest of the hot liquid (broth or water and bouillon cube). Season with salt and pepper, to taste, and keep simmering for another five minutes, then serve:



For extra flavour and texture, crunchy croutons may be added, or as shown at the top, crispy sliced bacon.