



**Complexity level:** Easy  
**Calories level:** Low-calories level  
**Price estimation:** Less than 5 \$

## Ingredients

3  
zucchini (medium)  
4  
potatoes (medium)  
1  
onion  
4 T  
olive oil (extra virgin)  
1/2 t  
salt  
1/4 t  
ground black pepper  
1/2 t  
salt  
1/2 c  
cream  
  
croutons

## Instructions

1. Wash and chunk zucchinis (don't peel!).
2. Peel, wash and chunk potatoes.
3. Peel and chop onion.
4. Heat 4 tablespoons of olive oil in a pot. When warm add chopped onion, 1/2 teaspoon of salt and cook over low heat for 4 - 5 minutes.
5. Add chunked potatoes, zucchinis, 1/2 teaspoon of salt, 1/4 teaspoon of ground black pepper

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and mix.

6. Add 2 cups of water and bring the pot to a boil.
7. Simmer for 20 - 22 minutes or 6 - 7 when using a pressure pot.
8. Add 1/2 cup of cream or milk and use the blender to make a pureed soup.
9. Garnish with some croutons or Spanish Serrano ham dices on the top.
10. Serve warm and enjoy your creamy zucchini soup recipe. See more [easy recipes](#) [1].

**Source URL:** <https://thespanishcuisine.com/recipes/zucchini-soup-creamy>

**Links**

[1] <https://thespanishcuisine.com/recipes/easy>