

# Cold Cucumber Soup

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*Provided by Placer/Nevada UC CalFresh Nutrition Education Program and the Auburn Interfaith Food Closet*

SERVES: 6

PREP TIME: 15 minutes

CHILLING TIME: 1 hour



## INGREDIENTS

- 1 medium cucumber
- 1 cup chicken broth
- 1/2 medium onion, sliced
- 1 teaspoon salt
- 1/2 teaspoon dry mint leaves (or 1 teaspoon fresh mint leaves, plus a few leaves for optional garnish)
- 1/4 teaspoon garlic powder
- 2 cups plain yogurt

## DIRECTIONS

1. Peel the cucumber, remove seeds, and cut into large chunks. Reserve a few slices for garnish (optional).
2. Place cucumber in a blender, with the chicken broth, onion, salt, garlic powder, and mint leaves. Blend until cucumber is grated fine, but not liquefied.
3. Put the yogurt in a medium-size bowl, and stir in the cucumber mixture. Mix well, and refrigerate one hour to chill.
4. Serve cold, garnished with a few slices of cucumber, or fresh mint leaves (optional).



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