



Eat and drink, but waste not by excess (Al-A'raf 31)
Banu Atabay's Mütevazı Lezzetler® Turkish cooking recipes

Zucchini Soup with Milk

Sütlü Kabak Çorbası



5 cups milk
2 medium zucchinis
3 cups water
1/2 cup rice
1/2 cup broth
1/2 cup grated kasar cheese
2 tsp salt
1/2 tsp black pepper

- # Put the rice into a small pot and add 3 cups of water on it. Cook it over low heat, until the rice loses its original shape and soaks the water totally.
- # Put milk into a separate big pot and make it reach boiling temperature. Then, add chopped zucchinis in it.
- # When the zucchini pieces turns to transparent and soften, add pour the rice with its water into the big pot.
- # Add salt, black pepper and broth into the soup. Cover the lid of the pot and cook it over low heat for 20 minutes.
- # Add grated kasar cheese in it, just before removing from the stove. Serve it hot.

Note: Zucchini Soup with Milk, is easy to digest and its calorie is low. It is ideal for the ones, who are in diet.