



**Potato And Zucchini Soup Ingredients:**

2 qt chicken stock  
1/2 qt water  
1 tbsp extra virgin olive oil  
1/4 tsp thyme  
1 yukon gold potato, peeled and chopped  
1 small leek, whites only, sliced  
1 medium carrot, sliced  
1 portabello mushroom, chopped fine  
salt and pepper to taste  
1/2 lb zucchini, sliced  
1/2 cup brown rice  
Italian parsley for garnish  
Cheese to taste.

**Directions:**

Lightly cook the potatoes in the olive oil for a few minutes in a large pot on media heat. When potatoes begin to brown add in the carrots and leek, season with salt and pepper.

Sauté all together for about 5 minutes and pour in the stock and water. Add in thyme and portobello, and simmer on low for 15 minutes. Stir in zucchini, let all simmer together for 15 minutes, stirring occasionally.

