

Ask me on an average day what my favorite herb is, and I might say tarragon or rosemary. Ask me on a hot summer day and my thoughts will immediately go to tomato bushes, cucumber vines, and fresh basil. With no cooking and very little preparation, this may be the perfect cold summer soup.

Cold Basil Soup

About 25 fresh basil leaves, plus more for garnish
4 medium tomatoes, seeded and chopped
3 green bell peppers (capsicum), seeded and chopped
2 medium cucumbers, seeded and chopped
2-4 cloves garlic, chopped
1 medium onion, chopped
4 cups (1 L) water
2 cups (500 ml) plain yogurt
Salt and freshly ground pepper to taste

Combine the basil and vegetables in an electric blender or food processor and process until smooth, working in batches and adding a little of the water if necessary. Transfer to a large bowl and stir in the remaining ingredients. Refrigerate for at least 2 hours before serving cold, garnished with chopped basil. Serves 4 to 6.

Bon appetit from the Chef at World Wide Recipes