

# Refreshing Chilled Cucumber Soup

**Servings** 5 cups



## Nutrition Information

Calories	692
Protein	61 g
Fiber	9.4 g
Carbs	3 g
Sodium	222 mg
Potassium	2535 mg
Calcium	799 mg

Independence Live Recipe

## Ingredients

4 [small cucumber, peeled, seeded, and chopped](#)

1 1/2 cups [Greek yogurt](#)

1 [shallot, finely chopped](#)

1 [garlic clove](#)

1/3 cup [fresh dill](#)

1/4 cup [parsley, minced](#)

2 Tbsp. [dried tarragon](#)

1/4 cup [olive oil](#)

1/2 [red onion, finely chopped \(about 1/2 cup\)](#)

pinch of [salt & pepper](#)

## Directions

1. Peel, wash, seed and chop cucumber, garlic and shallot
2. Add ingredients above to food processor with yogurt, dill, parsley, tarragon and olive oil
3. Blend until smooth, then refrigerate (8 hours to over night preferable)
4. Season with salt and pepper as desired and garnish with red onion and a drizzle of olive oil

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