

Chilly Cucumber Soup

From – *Rolling Prairie Cookbook*

4 cups plain yogurt
2 cups minced cucumbers
1 bell pepper, minced
1 Tbsp white vinegar
2 to 3 cloves garlic, minced
1 to 2 Tbsp fresh mint, chopped
1 Tbsp fresh dill or 1 tsp dried
1 tsp salt
pepper to taste

- Mix all ingredients and chill together for at least 3 hours before serving.
- Good with crusty bread, cheese and fruit for a light lunch when it's too hot to cook.
- This also works well as a salad dressing or a topping for baked potatoes.



For more recipes visit us at
www.HealthyHarvestFarmCSA.com