

# Baby Marrow and Feta Soup Recipe

*A delicious meal for those cooler camping days*



This tasty Baby Marrow (Courgette) and Feta soup is easy to make and a delicious meal for long camping trips, when you just don't feel like another braai. I know it's a rare occasion for any South African not to braai, so save it for that cold rainy day.

Enjoy this tasty soup with our delicious [braai bread \(roosterkoek\)](#).

You can watch our video on this recipe on YouTube at <https://youtu.be/uCWBHSfB0pl> . Find out more at [OutdoorEco.com](https://www.outdooreco.com)

## Recipe

### Ingredients:

- ❖ olive oil
- ❖ 2 Tbsp butter
- ❖ 1 onion, chopped
- ❖ 1 clove garlic, chopped
- ❖ 325 – 500g baby marrows, sliced
- ❖ 1-2 Tbsp flour
- ❖ 2 cups milk
- ❖ 300ml chicken stock or vegetable stock
- ❖ 2 Tbsp fresh lemon juice
- ❖ 1 tsp lemon rind
- ❖ 2 Tbsp sugar
- ❖ garlic & herb mix to taste
- ❖ salt & black pepper to taste
- ❖ 150g feta cheese
- ❖ ½ cup water (optional)

### Instructions:

1. Add olive oil to a pot, heat and then add butter until melted.
2. Fry onion gently in butter and olive oil with some salt until soft (about 10 minutes).
3. Add baby marrows then garlic and gently cook for about 10 minutes. Stir regularly to prevent burning.
4. Add flour and stir until evenly mixed in.
5. Add milk, chicken stock, lemon juice and lemon rind and stir.
6. Add sugar, garlic & herb mix, salt and pepper to taste and stir.
7. Let this simmer for about 20 minutes and stir every now and then.
8. Add water to thin if needed. Cook until baby marrows are soft.
9. Blend and add feta cheese bringing back to a gentle simmer and stir.
10. Add final salt and pepper to taste.
11. Serve with [crusty braai bread](#) and garnish with crushed feta and Chia seeds.

Enjoy!