Lunch, Latin American

Chilled Avocado Lime Soup

Silky ripe avocados are blended with lime juice, a splash of dry sherry, and fresh cilantro for a smooth chilled soup. Loosened with milk and stock, it is meant to be served well cold.



Nut free | Freezer safe

195 min	120	11 g	4 g
time	calories	carbs	sugars

Ingredients, 8 servings

- [ ] 1 small onion(s) (finely chopped)
- [ ] 1 clove garlic (minced)
- [ ] 1 tbsp canola oil
- [ ] 2 large Haas avocados (ripe)
- [ ] 1 cup lime juice
- [ ] 2 tbsp dry sherry
- [ ] 1 1/2 cup low-sodium chicken stock (or 1½ cups homemade chicken broth)
- [ ] 1 tsp hot sauce
- [ ] 2 tbsp fresh cilantro (chopped)
- [ ] 2 cup milk (low-fat)
- [ ] 1/8 tsp kosher salt

Method

- [ ] **1** Heat the canola oil in a pan and cook the finely chopped onion with the minced garlic until soft and fragrant, then set aside.
- [ ] **2** Peel and chop the ripe Haas avocados, then puree them in a blender or food processor with the cooked onion and garlic, the lime juice, and the dry sherry.
- [ ] **3** Add the low-sodium chicken stock and the hot sauce, and process until fully blended.
- [ ] **4** Pour the mixture into a large serving bowl and stir in the chopped fresh cilantro and the low-fat milk until you reach the consistency you like.
- [ ] **5** Season with Kosher salt to taste, then chill for 2-3 hours before serving.
- [ ] **6** Top each bowl with extra chopped fresh cilantro as a garnish.

Nutrition Facts

Per serving

Calories	120
Total fat	8 g
Saturated fat	1 g
Sodium	100 mg
Total carbs	11 g
Fiber	3 g
Total sugars	4 g
Protein	4 g

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