

DishingWell
CHILLED AVOCADO CUCUMBER SOUP RECIPE
by Elizabeth Tigani
serves 2 (generous) - 3 smaller portions

INGREDIENTS

2 ripe avocados, pitted and peeled
1 seedless cucumber, peeled (about 2 cups roughly chopped)
1/2 teaspoon minced garlic
*1 cup vegetable stock or broth
1 tablespoon extra virgin olive oil
2 tablespoons lime juice
zest of 1 lemon (about a teaspoon)
1 tablespoon lemon juice
dash of tabasco
sea salt and black pepper to taste

*you can substitute water or chicken broth

DIRECTIONS

Add all ingredients to food processor or blender (in batches if necessary) and puree. Refrigerate to chill, at least one hour. Garnish right before serving.

GARNISH OPTIONS

1/3 cup red onion or chives, minced (about 1 tablespoon per bowl)
1/2 cup cilantro or mint leaves, roughly chopped or torn (small handful per bowl)
greek yogurt (about 1 tablespoon per bowl)