

LOW CARB
LOW CALORIE
VEGETARIAN

Avocado Guacamole Soup

For many of us, guacamole—the avocado dip cum tortilla chips—is positively addicting. When those same ingredients—avocado, tomatoes, onions, and jalapeños—are smoothed with a touch of stock and sour cream, you'll discover a new pleasure. Serve it at room temperature. Of course, tortilla chips make a great garnish. To make this a main-course soup, add grilled shrimp or chicken.

SERVES 4

2 ripe avocados, (about ½ pound each), peeled	1½ cups chicken or vegetable stock
1 large onion, peeled and quartered	½ cup sour cream + additional sour cream to garnish
2 large tomatoes, peeled and seeded	2 tablespoons Tequila (optional)
1 large clove garlic	1 small onion, peeled
½ cup fresh lime juice	½–1 jalapeño pepper, seeds and membranes removed
2 teaspoons hot or mild chili powder	⅔ cup loosely packed cilantro leaves + additional leaves to garnish
1 teaspoon ground cumin	½ tablespoon red wine vinegar
1½–2 teaspoons salt or to taste	Tortilla chips, to garnish (optional)
Freshly ground black pepper	

1. Combine the avocados, large onion, 1 tomato, the garlic, lime juice, chili powder, cumin, salt, black pepper, and half of the stock in a food processor and purée until smooth. Add the remaining stock, sour cream, and Tequila, and blend. Transfer the soup to a large bowl and, if desired, chill.
2. By hand, chop the remaining tomato, small onion, jalapeño, and ⅓ cup cilantro leaves together until they are finely diced and well blended.
3. Stir the vinegar and chopped onion mixture into the soup. Ladle the soup into bowls. Garnish with a dollop of sour cream, a few cilantro leaves, and serve with tortilla chips.

NUTRITIONAL INFORMATION

CALORIES 290 | CALORIES FROM FAT 210 | TOTAL FAT 24G | SATURATED FAT 5G
CHOLESTEROL 5MG | TOTAL CARBOHYDRATE 19G | DIETARY FIBER 8G
SUGARS 5G | PROTEIN 5G | VITAMIN A 45% | VITAMIN C 60% | CALCIUM 6% | IRON 15%