

Chilled Avocado Soup

Prep time:

10 minutes

Yields:

4 servings

Ingredients:

2 ½ cups vegetable broth, divided
2 avocados, peeled and pitted
2 cloves garlic, coarsely chopped
1 jalapeño, seeded and coarsely chopped
¼ cup red onion, chopped
1 tbsp lime juice
1 tbsp fresh cilantro, chopped
½ cup red bell pepper, fine diced
Salt and pepper to taste

Directions:

1. In a food processor or blender combine 1 cup of vegetable broth with avocados, garlic, jalapeño, lime juice and cilantro. Puree until smooth. Add remaining 1 ½ cups broth, salt and pepper and blend. Cover and chill for at least 1 hour and up to 12 hours.

Chef Mat Shalenko
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