

Avocado Soup with Sour Cream

*Arthur Potts - "Eat Your Vegetables"
Palm Beach Post*

Servings: 4

*4 tablespoons butter
1 large white onion, cut into 1-1/4
inch cubes
1 head celery, trimmed and cut into
3/4 inch pieces
2 cloves garlic, crushed
1/3 cup white long-grain rice
4 cups hot vegetable stock
6 tablespoons sour cream
3 ripe avocados, cut into bite-sized
chunks
1 lemon (for squeezing)
salt and pepper
sour cream (for garnish)*

Melt the butter in a saucepan. Add the onion and cook over medium heat for 3 minutes without browning, stirring occasionally. Add the celery and garlic. Season with salt and pepper. Cook for 15 minutes, stirring occasionally and allowing the vegetables to brown only lightly.

Add the rice and cook, stirring, for 5 minutes. Add the hot stock and simmer for 25 minutes. Stir in the sour cream and heat through but don't boil.

Transfer the soup in batches to a blender and blend until smooth, adding the avocado as you do so. Pour into a clean saucepan and check the seasoning. Finish the soup with a little lemon juice and reheat gently (If serving hot).

Serve in bowls with an extra spoonful of sour cream added to the center of each.

If serving cold, after you've added the lemon juice, put the soup in the refrigerator to chill. Then serve in bowls with the spoonful of sour cream.

This soup can be served hot or cold.

Per Serving (excluding unknown items): 162 Calories; 16g Fat (86.9% calories from fat); 1g Protein; 4g Carbohydrate; 1g Dietary Fiber; 41mg Cholesterol; 138mg Sodium. Exchanges: 1/2 Vegetable; 0 Non-Fat Milk; 3 Fat.

Soups, Chili and Stews

Calories (kcal): 162
% Calories from Fat: 86.9%
% Calories from Carbohydrates: 10.0%
% Calories from Protein: 3.1%
Total Fat (g): 16g
Saturated Fat (g): 10g
Monounsaturated Fat (g): 5g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 41mg
Carbohydrate (g): 4g
Dietary Fiber (g): 1g
Protein (g): 1g
Sodium (mg): 138mg
Potassium (mg): 113mg
Calcium (mg): 41mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 3mg
Vitamin A (i.u.): 617IU
Vitamin A (r.e.): 159 1/2RE

Vitamin B6 (mg): .1mg
Vitamin B12 (mcg): .1mcg
Thiamin B1 (mg): trace
Riboflavin B2 (mg): trace
Folacin (mcg): 11mcg
Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Daily Value* 0.0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 3
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 162 **Calories from Fat:** 141

% Daily Values*

Total Fat	16g	25%
Saturated Fat	10g	50%
Cholesterol	41mg	14%
Sodium	138mg	6%
Total Carbohydrates	4g	1%
Dietary Fiber	1g	3%
Protein	1g	
<hr/>		
Vitamin A		12%
Vitamin C		5%
Calcium		4%
Iron		1%

* Percent Daily Values are based on a 2000 calorie diet.