
Cold Avocado Soup

Pamela McCain Pearce

Party Recipes from the Charleston Junior League - 1993

Servings: 4

1 ripe avocado, peeled and coarsely chopped

1/2 cup heavy or whipping cream

1/2 cup milk

1 cup chicken broth

1 teaspoon fresh lime juice

salt (to taste)

white pepper (to taste)

sour cream (for garnish)

snipped chives (for garnish)

In a blender or food processor, place the avocado, cream, milk, chicken broth, lime juice, salt and pepper. Process until smooth.

Chill for at least two hours.

To serve, top each cup or bowl with a dollop of sour cream and sprinkle with chives.

Soups, Chili, Stew

Per Serving (excluding unknown items): 110 Calories; 9g Fat (70.1% calories from fat); 3g Protein; 5g Carbohydrate; 1g Dietary Fiber; 4mg Cholesterol; 211mg Sodium. Exchanges: 0 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 1 1/2 Fat.