

Cool Cucumber Soup

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Unitarian Universalist Fellowship of Vero Beach, FL 2000

*1 cucumber, peeled
partially, seeded, cut into
two-inch pieces
1/2 avocado, peeled and
seeded
1 cup chicken stock or broth
1 cup sour cream
2 tablespoons lime juice
salt (to taste)
pepper (to taste)*

In a food processor or blender, combine the cucumber, avocado, chicken stock, sour cream, lime juice, salt and pepper.

Pulse for 10 seconds or until the mixture is smooth.

Chill for at least three hours.

Serve in chilled bowls.

Per Serving (excluding unknown items): 702 Calories; 64g Fat (78.4% calories from fat); 11g Protein; 28g Carbohydrate; 5g Dietary Fiber; 102mg Cholesterol; 139mg Sodium. Exchanges: 2 Vegetable; 1/2 Fruit; 1/2 Non-Fat Milk; 12 1/2 Fat.