
Cold Avocado Cream Soup

Home Cookin - Junior League of Wichita Falls, TX - 1976

Servings: 6

3 avocados

1 clove garlic

1 2/3 cups chicken broth

1/2 cup whipping cream

1 tablespoon sour cream

1/4 cup dry white wine

juice of one-half lemon

dash cayenne

salt

black pepper

croutons fried in olive oil (in a pan rubbed with onion) (for garnish)

1 hard-boiled egg (for garnish), chopped

Peel the avocados. Slice and place them in a blender with garlic, chicken broth, whipping cream and sour cream. Blend at low speed for 1 minute.

Add the wine, lemon juice, cayenne, salt and pepper to taste. Blend on high speed for 30 seconds until smooth.

Chill well.

Garnish with the croutons and the egg.

Soups, Chili, Stew

Per Serving (excluding unknown items): 253 Calories; 24g Fat (81.1% calories from fat); 4g Protein; 9g Carbohydrate; 3g Dietary Fiber; 28mg Cholesterol; 231mg Sodium. Exchanges: 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Non-Fat Milk; 4 1/2 Fat.