

Hot Avocado Soup



Ingredients

- 1 tablespoon (15 ml) vegetable oil
- ½ onion, finely chopped
- 1 minced garlic clove
- 4 cups (1 L) chicken or vegetable broth
- 2 ripe avocados
- Juice of 1 lime
- 2 cups (500 ml) cooking cream
- 1 or 2 pinches of cumin (to taste)
- Salt and pepper to taste
- Finely chopped fresh coriander (to taste). I personally like to add plenty, as it adds freshness to the soup

Serves 4-6

Preparation

1. Scoop out the avocado flesh and purée it using a potato masher (don't worry about leaving small chunks in the purée as these will be blended in at the end of the process).
2. Sauté the onion in hot oil in a saucepan for approximately 3 minutes over medium heat.
3. Add the garlic and continue to sauté for about 1 minute.

Credit

Bob le Chef

