

BANDALICIOUS

Creamy. Easy. Healthy.

CREAM OF AVOCADO SOUP

Serves: 12

YOU WILL NEED:

- 6 ripe avocados (brownish-green peel, slight indent when pushed)
- 1 cup of fat free half-n-half
- 2.5 cups of chicken stock/broth
- 4 shallots, sliced thin
- 1 Tbls. olive oil
- 1 Tbls. cilantro paste
- 1 Tbls. garlic paste
- Salt
- Pepper



DIRECTIONS:

1. Slice avocados in half and remove pit. Scrape each half into a food processor bowl. Puree until smooth and set aside.
2. Sauté shallots in olive oil until golden brown. Sprinkle with a dash o salt and pepper. Add to pureed avocados.
3. Add in half and half + 1/2 Tbls. of cilantro paste and garlic paste
4. Add in half a cup of chicken broth.
5. Blend/puree mixture until smooth.
6. Transfer to a 2 qt. sauce pan and heat on medium-low.
7. Whisk in 1 cup of chicken broth. Heat through.
8. Whisk in last cup of chicken broth. Heat through.
9. Salt and pepper to taste
10. Serve hot! Enjoy!

CAL: 207
FAT: 19
CARB: 10
SUGAR: 1
PROTEIN: 3

**Garnish with fat free sour cream.*

Depending on the size of your food processor or blender, you may want to half this recipe.