

Chilled Avocado Soup (Guacamole in a Glass)

Carolyn T's
Main Cookbook

Servings: 8



3 whole avocados, chopped
1 1/2 cups chicken broth
2 tablespoons lemon juice
3 tablespoons tequila, or dry white wine
1 1/2 cups heavy cream
2 teaspoons kosher salt
1/4 teaspoon white pepper (or more)
1/8 teaspoon cayenne (or more)
1/4 teaspoon garlic powder (or more)
8 sprigs cilantro, for garnish (or parsley or chives)

Serving Ideas: You can serve this in small bowls too - it's just that serving it in glasses is particularly attractive and makes for easier eating out of hand before you sit down to dinner. Look at this as more of a stand-up appetizer than a sit-down course.

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

Your Text Here

Per Serving (excluding unknown items): 180 Calories; 17g Fat (88.2% calories from fat); 2g Protein; 3g Carbohydrate; trace Dietary Fiber; 61mg Cholesterol; 634mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 3 1/2 Fat.

Notes: Be sure the avocados are ripe - otherwise the soup won't have much flavor.

Description: Perfect for a hot summer's evening

1. In a blender combine the avocados, lemon juice, chicken broth and tequila. When the mixture is smooth, add the heavy cream, salt, pepper, cayenne and garlic powder.
2. Continue blending until it's just smooth. Taste for seasoning. It may need more lemon juice, more salt, or more zip from the white pepper or cayenne.
3. Chill for 24 hours, preferably in a glass or plastic container. Taste again for seasonings, then pour into short glasses. Garnish with cilantro leaves, add a spoon to the glass and serve.