

Avocado Chilled Soup

Author: My own concoction



1. In the bowl of a food processor combine the garlic and salt. Puree until the garlic is finely ground. Allow it to rest while you gather the other ingredients.
2. Peel the avocados and drop them into the workbowl, then add the lime juice, salt, pepper, cayenne, cumin, green onion, white wine vinegar and fresh cilantro. Blend briefly.
3. Add half the buttermilk, then continue to blend the mixture until it's smooth. Add remaining buttermilk and puree again. Taste for seasoning. The mixture may need more salt and more lime juice. Adjust seasonings to suit your palate. If the soup is too thick, add more buttermilk or milk until it's the consistency you think is right.
4. Chill the soup, then pour out into short glasses or bowls and garnish with crushed tortilla chips, a few sprigs of cilantro and a spoon. The soup is somewhat thick, so guests will want to use a spoon to get it all. Do serve small servings, as the soup is rich. And use it up within a day or so. It kept fine (the color) for 24 hours.

3/4 teaspoon salt, or more to taste

1 large clove garlic, minced

3 whole avocados

3 tablespoons lime juice (about 2 limes)

3 cups buttermilk, or more if needed (I use low-fat buttermilk)

1 whole green onion, chopped

1/4 teaspoon freshly ground black pepper

1/4 teaspoon cayenne, or other hot ground chili powder

1/2 teaspoon ground cumin

1 teaspoon champagne vinegar, or more to suit your taste

1/2 cup fresh cilantro, chopped, plus extra for garnish

1/2 cup tortilla chips, crushed, for garnish

Per Serving (excluding unknown items): 189 Calories; 13g Fat (58.5% calories from fat); 5g Protein; 16g Carbohydrate; 2g Dietary Fiber; 3mg Cholesterol; 306mg Sodium.

Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 1/2 Non-Fat Milk; 2 1/2 Fat; 0 Other Carbohydrates.

Carolyn T's Tasting Spoons blog:

<http://tastingspoons.com>