

Soups

AVOCADO CORN SOUP WITH RED & YELLOW PEPPER



Serves: 6

Ingredients

- 1 tablespoon avocado oil
- 1 small white onion, diced
- 1 stalk celery, chopped
- 1 carrot, peeled and diced
- 1 can creamy style corn
- 1 tablespoon fresh thyme leaves
- 2 cups water or stock
- Salt and freshly ground pepper to taste
- Cayenne pepper to taste
- Fresh lemon juice, to taste
- 4 avocados
- Diced red & yellow pepper to garnish

Preparation

1. Heat the avo oil in a large saucepan and sauté the onion, celery and carrot until just tender.
 2. Add the corn, thyme, water or stock and salt to taste.
 3. Bring to the boil, then reduce the heat and simmer for 10-20 minutes or until the vegetables are tender.
 4. Puree, adding more water or milk if necessary to bring to desired consistency.
 5. Season to taste with the pepper and cayenne and reheat.
 6. Remove from heat and add lemon juice to taste.
 7. Just before serving, finely dice 3 of the avocados and mash through the soup.
 8. Slice the remaining avocado thinly and coat in lemon juice.
 9. Serve soup into bowls and decorate with the sliced avocado and diced peppers
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