

# Soups

## CREAM OF AVOCADO SOUP

Served Hot



2 or 3 Ripe avocados, peeled and mashed  
200 ml chicken stock  
20 g Butter / Margarine  
100 g Onion - finely chopped  
450 ml Milk - heated  
25 ml Lemon juice  
200 ml Cream  
Salt  
White pepper - to taste  
30 ml parsley - chopped  
Croutons for garnishing

Melt butter in saucepan. Simmer onion gently for 10 minutes or until soft - NOT BROWN. Add chicken stock and bring to the boil. Stir in lemon juice, parsley, cream, milk, salt and pepper. Heat through and REMOVE FROM HEAT. Fold in mashed avocado.

**NB! DO NOT BOIL ONCE THE AVOCADO HAS BEEN ADDED**

Garnish with croutons and serve warm