

AVOCADO CHICKEN SOUP

Time: 30 minutes

Serves: 6

Ingredients:

2 avocados – pitted and skin removed
2 cloves garlic – chopped
1 tablespoon fresh lime juice
1 tablespoon hot pepper sauce
¼ teaspoon fresh ground black pepper
2 cups water
2 teaspoons extra-virgin olive oil
3 large shallots – thinly sliced or finely chopped
3 cups chicken stock
1 pound boneless-skinless chicken thighs – diced to ½”
1 teaspoon kosher salt (if required)

Preparation:

Place the avocados, garlic, lime juice, hot sauce, pepper and water in a blender and puree.

Put the oil in a large pot on medium heat. Once the oil is hot, add the shallots, sautéing for five minutes.

Add the stock to the pot, increasing the heat to high until just reaching a boil.

Stir in the chicken and reduce heat once the stock returns to a boil. Simmer uncovered for five minutes.

Pour the avocado mixture into the pot, stir and heat through. Taste the soup and season with salt if required before serving. This will depend on your choice of stock.

Nutritional Information Per Serving:

Calories: 205
Fat: 13g
Carbs: 7g
Fibre: 4g
Protein: 16g