

Creamy Avocado Soup

This refreshing, healthy, super-easy soup can be done pretty much completely in your food processor and is served cold, but it tastes really unique and gourmet, with an amazing creaminess despite being vegan.

Yield: About 5 cups

Ingredients

- 2 medium avocados, skin and seeds removed
- 1 and 1/2 cups vegetable broth
- ½ lb. silken tofu
- 1/3 cup packed fresh cilantro
- 1 clove garlic, minced
- 1 small jalapeno, chopped
- ¼ cup fresh lime juice (from 2 medium limes)
- 1 tsp. agave nectar
- 1 tsp. ground cumin
- 1 tsp. ground coriander
- 1 green bell pepper
- Salt and pepper to taste



Optional Garnishes

- Sliced cherry tomatoes
- Cilantro
- Toasted tortilla strips (toast 2" by ¼" strips @ 400 degrees for about 8 minutes)

Directions

- 1) Put avocados, vegetable broth, tofu, cilantro, garlic, jalapeno, lime juice, agave, cumin, and coriander in a food processor.
- 2) Wash and dry the bell pepper. Place it DIRECTLY over the burner on your stovetop. Turn every minute or so until all sides are blackened and charred. Place in a plastic bag for about 15 minutes. (This helps loosen the skin). Using a vegetable peeler or the back of a spoon, remove the charred part of the skin. Discard the top and seeds. Place the roasted bell pepper in the food processor with the rest of the ingredients.
- 3) Blend until smooth and creamy. Season generously with salt and pepper.
- 4) Chill in refrigerator until cooled, top with garnishes, and enjoy!