

**California Chilled Avocado Soup**

- 1 large or 2 small ripe avocados*
- 1 teaspoon salt*
- 1 clove garlic, crushed*
- 2 tablespoons fresh lemon juice*
- ¼ cup sliced scallions, with some tops*
- 1 teaspoon chili powder*
- 3 cups chicken broth*
- 1 cup dairy sour cream or plain yogurt*

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Cut avocado or avocados in half lengthwise with a stainless-steel knife. Remove seeds. Cut off skin. Whirl in a blender, covered, or mash with a fork to a smooth pulp. Add next five ingredients and mix well. Turn into a large saucepan. Gradually add chicken broth and heat to boiling. Remove from heat and mix in sour cream or yogurt. Cool. Turn into a large bowl and chill two hours or longer. Serve in chilled soup bowls garnished with an avocado slice, if desired. Serves 4 to 6.