

Mexican Avocado Soup

INGREDIENTS:

- 4 cups vegetable or chicken stock
- 1 cup heavy cream, or half and half
- 1 chili pepper, as hot as you dare (from banana to habanero)
- 1 garlic clove
- 2 avocados
- Salt and white pepper
- 2 tbsp. cilantro, finely chopped, for garnish
- ¼ cup crisp, fried tortillas, for garnish

DIRECTIONS:

In a saucepan, heat the stock and cream, and keep the temperature steady at a simmer. Puree the chili pepper and garlic in a blender, and then add the avocado. When ready to serve, gradually add the hot stock mixture and blend until smooth.

Season to taste and either serve immediately with cilantro and chips on the side, or refrigerate to make a cold soup. Note that avocados turn bitter when heated, so be careful not to add liquid that is too hot.



Mango-Melon Soup

INGREDIENTS:

- 2 mangoes, peeled, pitted and chopped
- 2 cups cantaloupe, peeled, seeded, and chopped
- 2 tbsp. fresh mint, minced
- 2 tbsp. fresh lemon juice
- 1 tbsp. confectioner's sugar
- ¼ cup dry white wine
- 2 tbsp. plain yogurt
- 2 tsp. edible flowers (if available) for garnish
- 2 tsp. small mint leaves, for garnish



DIRECTIONS:

Combine all ingredients in a blender and puree. Chill for several hours. When cool, serve in glass bowls and garnish with small mint leaves or edible flowers. If you'd like to serve the soup immediately, begin with the fruit having already been chilled in the refrigerator, then add a handful of ice cubes into the blender while pureeing.

Orange-Carrot Soup

INGREDIENTS:

- 2 tbsp. peanut oil
- 1 lb. carrots, coarsely chopped
- $\frac{3}{4}$ cup sliced leeks, white part only
- 1 tbsp. fresh ginger root, peeled and minced
- 3 cups chicken or vegetable stock
- 1 $\frac{1}{2}$ cups fresh squeezed orange juice
- Salt, to taste
- 2 tbsp. sliced leeks, separated into circles, for garnish

DIRECTIONS:

Heat the oil in a large saucepan. Once hot, saute the carrots, leeks and ginger until they are soft. Add stock and bring to a boil. Reduce heat and simmer, covered, for about 20-30 minutes, until vegetables are well cooked. Puree the mixture, beginning with the solids. Once smooth, return the soup to the saucepan. Stir in the orange juice and season to taste with salt. (Note that cold soups often require additional salt to help bring out the flavors.) Refrigerate and chill. When cool, garnish bowls with finely-sliced leek circles.



Vegetable Soup

INGREDIENTS:

- 2 tsp. butter
- ½ cup onion, chopped
- 2 medium carrots, peeled, sliced and halved
- 2 medium potatoes, peeled and chopped
- 1 cup green beans, cut into 1-inch pieces
- 4 cups chicken broth
- 1 tbsp. chopped fresh parsley
- 1 tsp. dried tarragon leaves
- ¼ tsp. ground black pepper

DIRECTIONS:

Add butter to a large saucepan and stir in onion and carrots, cooking on medium-high heat for five minutes or until tender.

Add potatoes, green beans, broth and spices; mix well.

Cook 10 minutes or until potatoes are tender, stirring frequently. You can serve this chunky, as is, or puree in a blender to serve it cold.

