

Mexican Avocado Soup with Chicken or Turkey



Plan Z Phase: This is a Z3 (ZReboot) recipe. I love this soup. This and a salad or a piece of low carb bread can make a meal. It's also colorful, so I am including it in my Happy Healthy Holiday menu options. You can make this with leftover turkey and have a colorful way to use your extras.

Servings: Serves 3-4 as an entrée (each serving is 1-1/2 cups). Serves 4-6 as a smaller appetizer portion.

Ingredients:

- 4 ripe avocados
- juice of one lime
- 1 cup of chopped onion
- $\frac{3}{4}$ cup of heavy cream
- $\frac{1}{2}$ cup of chopped cilantro leaves
- 2 cups of chicken stock (organic if you can get it)
- $\frac{1}{4}$ – $\frac{1}{2}$ tsp of hot pepper flakes
- salt and pepper to taste
- 2 chicken breasts or 4 cups of leftover turkey, shredded

Optional:

- garnish with roasted pistachio kernels, quartered cherry tomatoes, and cilantro

Instructions:

The first thing to do is poach the chicken breasts if you are using chicken. In a sauté pan put the chicken breasts in with enough water to cover them. Bring to a low boil and poach them for approximately 15 minutes or until when you cut into them there's no pink visible. Let them cool a bit and then take two forks and pull at the meat to shred it.

While the chicken is poaching you can prepare the rest of your soup. This is so easy!

Get out your blender. Into the blender jar, add the following:

Cut your avocados in half and take out the pit. Then scoop out the flesh with a spoon. Work around any brown bits if there are any bruises. Put the avocado flesh in the blender. Add the lime juice, cilantro, onion, cream, chicken stock and chili flakes along with a good grind of sea salt and pepper. Whiz until smooth.

When you are ready to finish your soup, put the blended ingredients in a large saucepan and begin to heat on medium. Add the meat (either the shredded chicken or leftover turkey shreds). Heat until the soup is hot. Taste it. You can always add more chili flakes if you want it spicier. You can add a bit more lime juice or even add more salt. When you taste it you can decide.

When I served it I tossed on a few pistachio kernels, the chopped tomato, and the cilantro. I served it with one slice of low carb toast slathered in butter. Or you can serve with a few low carb taco chips. My husband also added some liquid hot sauce to his soup. The guy can never get enough zip.

Enjoy!

Cheers,