

# Soup, Avocado

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Cooking time:

6 minutes

<b>Yield:</b>	<b>cups</b>	<b>16</b>	<b>12</b>	<b>8</b>	<b>4</b>
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<b>Onion</b>	<b>chop</b>	<b>cups</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>
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Add to bowl & Microwave on high for 2 minutes

<b>Broth, chicken</b>		<b>cups</b>	<b>8</b>	<b>6</b>	<b>4</b>	<b>2</b>
<b>Avocados, frozen</b>		<b>cups</b>	<b>8</b>	<b>6</b>	<b>4</b>	<b>2</b>
<b>Juice, Lemon</b>		<b>cups</b>	<b>1</b>	<b>3/4</b>	<b>1/2</b>	<b>1/4</b>
<b>Parsley</b>	<b>spice</b>	<b>TBSP</b>	<b>2</b>	<b>1 1/2</b>	<b>1</b>	<b>1/2</b>
<b>Garlic</b>	<b>spice</b>	<b>TBSP</b>	<b>2</b>	<b>1 1/2</b>	<b>1</b>	<b>1/2</b>
<b>Salt</b>	<b>spice</b>	<b>teasp</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>
<b>Cumin</b>	<b>spice</b>	<b>teasp</b>	<b>1</b>	<b>3/4</b>	<b>1/2</b>	<b>1/4</b>

Add to bowl & Microwave on high for 2 minutes

Mix with a stick blender

<b>Carrots, small</b>	<b>bitsize</b>	<b>cups</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>	<b>1.0</b>
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Add to bowl & Mix

Serve cold

&/or Add to container(s) & Frig for days or Freezer for months

**OR**

Microwave on high until heated - about 2 minutes

Serve &/or Add to container(s) & Frig for days or Freezer for months

**\* or use a regular blender**

**tested**