



# THE Traveling Fork

- BILL BLACKWELL



## Avocado Soup

Originally cultivated in Central and South America, avocados were a vital part of indigenous diets for thousands of years. Their journey to global prominence began with Spanish explorers introducing them to Europe in the 16th century. The *Hass* variety, known for its creamy texture and rich flavor, has become the most popular cultivar, largely due to its longer growing season and resilience during shipping.

The rise of health-conscious eating trends in the late 20th and early 21st centuries significantly boosted the avocado's popularity. Recognized for its high content of healthy fats, vitamins, and minerals, the avocado became a favored ingredient among nutritionists and health enthusiasts. Its versatility also contributed to its widespread use in various dishes.

If you are a fan of good soups, here is a good one that can be served either hot or cold. In August, "cold" seems the wiser choice. When you want a "hot" soup, this one works well although you do NOT want to boil it. Simply warm it slowly and stir continuously until just prior to a "boil". I suggest that the two avocados indicated in the recipe be of small to medium sizes.

## Recipe

1 tbsp butter  
1/2 cup finely chopped onions  
1 tbsp minced garlic  
4 cups chicken broth  
2 ripe avocados, peeled and mashed  
1 tsp lime juice  
2 cups fat-free yogurt  
1/2 tsp ground cumin  
Salt & pepper to taste  
1/4 cup chopped cilantro

- Heat butter in a pot and add onion and garlic and saute' for 3 minutes.
- Add chicken broth, lime juice and avocados to pot and bring to boil.
- Reduce heat and cook for 7 minutes.
- Add yogurt, cumin, salt and pepper and cook over medium heat approximately 5 minutes but do not boil.
- Add fresh cilantro and serve (4 to 6 people).



Photos: Editor

