



Avocado Soup with Citrus-Shrimp Relish

This lovely no-cook soup makes a refreshing entrée with a green salad.



Photo by: Photo: Randy
Mayor; Styling: Cindy Barr

YIELD: 4 servings
COURSE: Soups/Stews

Ingredients

Relish:

- 2 tablespoons chopped fresh cilantro
- 1 teaspoon grated lemon rind
- 1 teaspoon finely chopped red onion
- 1 teaspoon extravirgin olive oil
- 8 ounces peeled and deveined medium shrimp, steamed and coarsely chopped

Soup:

- 2 cups fat-free, less-sodium chicken broth
- 1 3/4 cups chopped avocado (about 2)
- 1 cup water
- 1 cup rinsed and drained canned navy beans
- 1/2 cup fat-free plain yogurt
- 1 1/2 tablespoons fresh lemon juice
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon hot pepper sauce (such as Tabasco)
- 1 small jalapeño pepper, seeded and chopped
- 1/4 cup (1 ounce) crumbled queso fresco cheese

Preparation

1. To prepare relish, combine first 5 ingredients in a small bowl, tossing gently.
2. To prepare soup, combine broth and next 9 ingredients (through jalapeño) in a blender; puree until smooth, scraping sides. Ladle 1 1/4 cups avocado mixture into each of 4 bowls; top each serving with 1/4 cup shrimp mixture and 1 tablespoon cheese.

Nutritional Information	
Amount per serving	
Calories: 292	
Calories from fat: 41%	
Fat: 13.2g	
Saturated fat: 2.2g	
Monounsaturated fat: 7.8g	
Polyunsaturated fat: 2.6g	
Protein: 23.9g	
Carbohydrate: 22.5g	
Fiber: 7.3g	
Cholesterol: 118mg	
Iron: 3.4mg	
Sodium: 832mg	
Calcium: 146mg	

Cooking Light JULY 2008

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