

# Cucumber Soup

## Ingredients

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- 1 T Olive Oil
- 2 clv Garlic (minced)
- 1 Onion (diced)
- 1 T Lemon Juice
- 4 c Cucumbers
- 1 1/2 c Chicken Broth
- 1/2 t Salt
- 1/4 t Black Pepper
- 1/4 t Cayenne Pepper
- 1 Avocado (diced)
- 1/4 c Parsley (chopped)
- 1/2 c Plain Yogurt

## Instructions

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- 1.Heat oil in a large saucepan over medium-high heat. Add garlic and onion; cook, stirring occasionally, until tender, 1 to 4 minutes. Add lemon juice and cook for 1 minute. Add 3 3/4 cups cucumber slices, broth, salt, pepper and cayenne; bring to a simmer. Reduce heat and cook at a gentle simmer until the cucumbers are soft, 6 to 8 minutes.
- 2.Transfer the soup to a blender. Add avocado and parsley; blend on low speed until smooth. (Use caution when pureeing hot liquids.) Pour into a serving bowl and stir in yogurt. Chop the remaining 1/4 cup cucumber slices. Serve the soup warm or refrigerate and serve it chilled. Just before serving, garnish with the chopped cucumber and more chopped parsley, if desired.

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