



Avocado Tortilla Soup

Sprinkle red pepper flakes on this soup for added heat.

Makes 8 servings. 1 cup per serving.

Prep time: 15 minutes **Cook time:** 15 minutes

Ingredients

3 (14-ounce) cans low-sodium chicken broth	½ teaspoon ground black pepper
2 (10¾-ounce) cans low-sodium condensed tomato soup	1 ripe California avocado, peeled, pitted, and chopped
½ bunch cilantro, leaves only	8 corn tortilla chips, crumbled
3 cloves garlic, finely chopped	

Preparation

1. In a large pan over high heat, combine chicken broth, tomato soup, cilantro, garlic, and ground black pepper. Bring to a boil, reduce heat, and simmer for 10 minutes.
2. Cool slightly, then puree small batches in a blender.
3. Return to pan, add avocado and heat thoroughly.
4. Ladle into soup bowls and garnish with crumbled tortilla chips before serving.