

Cumin-Scented Avocado Soup with Yellow Tomato Salsa

Serves 8:

Ingredients

4 ripe avocados
3 cups plain Greek yogurt, preferably nonfat
3 limes, juiced
1 small jalapeño
1/4 cup cilantro leaves
1 teaspoon ground cumin
2 cups or more water
kosher salt and freshly ground black pepper

Yellow Tomato Salsa:

2 medium yellow tomatoes
1 large shallot
1/2 small jalapeño
1/4 cup finely chopped cilantro
1 to 2 tablespoons good quality olive oil
kosher salt and freshly ground black pepper

Preparation

Cut avocados in half and, using the blade of your knife, stab the pit and twist it to loosen and remove. Scoop the flesh out with a soup spoon and roughly chop before placing in the bowl of a food processor. You could make this soup in a blender as well, but plan on doing so in smaller batches.

Add Greek yogurt to the food processor.

Squeeze in the juice of 3 fresh limes, finely minced jalapeño, and a handful of cilantro leaves.

To kick up the flavor profile, add a teaspoon of ground cumin to the mix.

Pulse the food processor until the ingredients are pureed and combined.

Add enough water (2 cups or more) to bring your soup to a consistency you like.

Season with kosher salt and freshly ground black pepper to taste.

Refrigerate for at least an hour to allow the flavors to develop.

To make Salsa: finely dice yellow tomatoes and combine in a small bowl with 1 large minced shallot.

Stir in minced jalapeño, freshly chopped cilantro, and 1 to 2 tablespoons of good quality olive oil.

Season with kosher salt and freshly ground black pepper to taste.

Refrigerate for a while to let the flavors meld; the salsa will become a bit soupy.

Before serving, taste both the soup and salsa and adjust seasoning, if needed.

Ladle the soup into individual bowls.

Use a slotted spoon to scoop up the salsa, and place it on top of the soup.

Drizzle with olive oil and some of the juices that have accumulated in the salsa bowl and serve.

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