



The **ingles** Table

with Gigi Stewart
CREAMY AVOCADO SOUP

Shopping List

- 1 cup of chopped onion
- 1 tbsp minced garlic
- 1 cup of milk
- 1 cup of broth
- 1/4 cup of wine
- Lemon juice
- White pepper
- Salt
- Sriracha sauce
- 2 avocados
- Sour cream
- Parsley

Cooking Instructions

1. Saute the onion, celery and garlic in a hot oiled pan.
2. Put the vegetables in a blender.
3. Add the milk, the broth, the wine, the lemon juice, the white pepper, the salt, the sriracha sauce and the avocados. Blend together.
4. Serve in a soup bowl and garnish with the sour cream and the parsley.

