

Recipe Name: Avocado Soup

Recipe Category: Soup

Portion Size: 1 cup

Ingredients: Yields: 8 servings

Ingredients	Notes:
3 Avocado	Washed, peeled, seeds removed and chopped
1 large Cucumbers	Washed, peeled, seeds removed and chopped
2 cups Plain Greek yogurt	
1 cup light sour cream	
½ cup fresh cilantro (reserve some for garnish)	Washed, trimmed and finely chopped
2 tablespoons fresh lime juice	
1 teaspoon lime zest	
¼ teaspoon ground cumin	
¼ teaspoon salt	
¼ cup slice radishes (garnish)	(optional)Washed, trimmed and sliced

Directions:

Steps:	Directions:	Critical Control Point /Quality Assurance
1	Combine, cucumbers, avocados, yogurt, sour cream, lime juice, lime zest, cumin, mint, cilantro and salt in large a large bowl. Puree in a food processor or blender in batches.	
2	Chill for all least 2 hours.	
3	Serve in chilled bowls and garnish with radish and cilantro.	

Time Temperature Sensitive food. Food safety Standards: . Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41° F. Follow proper cooling procedures. seconds.. Cold holding at 41°F or colder or using time alone (less than four hours). Store in airtight container in refrigerator for up to 72 hours or may freeze for up to 30 days.

Texture Modified Diets:

Soft & Bite Size: (aka Bite size) **Food particle size ½ inch (~width of standard fork)** no changes.

Serve puree soup.

Chopped: **Food particle size ¼ inch (~ ½ width of standard fork)** No changes. Serve puree soup.

Minced and Moist:(aka Minced/Mechanical Soft/Ground) **Food particle size 1/8 inch (fits through prongs of standard fork)** no changes. Serve puree soup.

Pureed: Smooth and cohesive. Use a food processor to puree to a smooth consistency. Foods are processed by grinding and then pureeing them. May add broth or sauce to puree but only as needed. Do not add to much liquid. Puree soup may not hold its shape. Must not be firm or sticky. Puree foods while still hot. Appearance should be smooth like pudding or a smooth thickened liquid. Individuals who do not tolerate thin liquids should have soup strained, puree and thickened to the appropriate smooth consistency. Omit: garnish

Therapeutic Modified Diets:

Lowfat: No changes

Diabetic/No added Sugar/No Conc. Sweets/Calorie Controlled: No changes needed

Bland/Anti Reflux: Omit lime juice, cumin, radish and lime zest.

Liberal House Renal: Use alternate menu item

No Added Salt: No changes

2 Gram Sodium: Omit salt.

Gluten Free: No changes needed.

Allergy Alerts: When an "X" is present, this indicates the allergen is present.

Always read all food labels to ensure allergens are not present.

Wheat	Milk	Eggs	Fish Shellfish	Soy	Peanuts/Nuts	Other
	x					

Key: SF= Salt Free D= Diet or Sugarfree LF = Lowfat FF = Fat Free GF = Gluten Free