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DIET CENTER

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EDAMAME-AVOCADO SOUP

Final Lifestyle

Ingredients

1-1/2 pounds frozen shelled edamame (green soybeans)
2 cups fat-free, less-sodium chicken broth
1/4 cup chopped shallots
2 peeled avocados, cut into quarters
4 cups water
3 TBS lemon juice
1 TSP salt
1/4 TSP white pepper
chopped fresh parsley (optional)
lemon wedges (optional)

Instructions

1. Place edamame in a large saucepan. Cover with water to 2 inches above beans; bring to a boil, and cook 10 minutes or until soft. Drain; set aside.
2. Place half of edamame, 1/2 cup broth, and shallots in a blender or food processor; process until smooth. Pour pureed shallot mixture into a large bowl.
3. Combine the remaining edamame, 3/4 cup broth, and avocados in blender or food processor; process until smooth. Add pureed avocado mixture to pureed shallot mixture; stir to combine. Add 3/4 cup broth, water, juice, salt and pepper to pureed mixture; stir well with a whisk.
4. Cover and chill. Serve with parsley and lemon wedges, if desired.

Portion-Per-Serving Information: (Yields 8 servings)

Serving = 1 cup = 1 P