

# IN THE GALLEY WITH TRUDY

## Cold Guacamole Soup

1 lg ripe avocado  
1 <sup>1</sup>/<sub>2</sub> cups chicken broth  
3 Tbs fresh lemon juice  
1 cup half and half  
1 tsp salt  
<sup>1</sup>/<sub>4</sub> tsp pepper  
dash of cayenne pepper  
1 cup sour cream

Peel the avocado, remove the seed, and cut it into small pieces.

Place the avocado pieces in a blender.

Add the chicken broth and lemon juice; blend until smooth.

Add the half and half, salt, pepper, and cayenne; mix well.

Chill for 2 hours before serving.

Garnish each bowl with a dollop of sour cream.

Serves 6.

