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Creamy Cucumber Soup

Prep Time: 20 mins

Cook Time: 13 mins

Total Time: 33 mins

Ingredients

- 1 tablespoon oil, olive, extra virgin
- 2 clove(s) garlic, minced
- 1 small onion(s), diced
- 1 tablespoon lemon juice
- 4 cup(s) cucumber(s), peeled, seeded and thinly sliced, divided
- 1 1/2 cup(s) broth, vegetable, or reduced-sodium chicken broth
- 1/2 teaspoon salt
- 1/4 teaspoon pepper, black ground, freshly ground
- 1 pinch pepper, cayenne
- 1 medium avocado, diced
- 1/4 cup(s) parsley, fresh, chopped, plus more for garnish
- 1/2 cup(s) yogurt, low-fat plain

Preparation

1. Heat oil in a large saucepan over medium-high heat. Add garlic and onion; cook, stirring occasionally, until tender, 1 to 4 minutes. Add lemon juice and cook for 1 minute.

2. Add 3 3/4 cups cucumber slices, broth, salt, pepper and cayenne; bring to a simmer. Reduce heat and cook at a gentle simmer until the cucumbers are soft, 6 to 8 minutes.

3. Transfer the soup to a blender. Add avocado and parsley; blend on low speed until smooth. (Use caution when pureeing hot liquids.)

4. Pour into a serving bowl and stir in yogurt. Chop the remaining 1/4 cup cucumber slices.

5. Serve the soup warm or refrigerate and serve it chilled. Just before serving, garnish with the chopped cucumber and more chopped parsley, if desired.