

Creamy Mexican Soup

This is great raw soup. It is so incredibly easy to make and full of nutrition. A good summer soup with all the tomatoes and peppers coming in from the garden in surplus.

2-4 servings

2 or 3 tomatoes, coarsely chopped
1 large red/orange/ yellow bell peppers (or mix them up), coarsely chopped
1/4 cup sundried tomatoes, soaked and chopped
2 large stalks celery, coarsely chopped
1/2 cup fresh cilantro, packed
3/4 cups water
1 Tb lime or lemon juice
1 tsp. sea salt
1 Tb cumin
1 tsp. chili powder
1/2 tsp paprika
2 or 3 cloves garlic, minced (depends on how much you like garlic)
Pinch of cayenne pepper
1/2 avocado – to thicken

- Blend all ingredients except the avocado in a high speed blender.
- Add the avocado and blend again just until smooth.
- This soup can be served chilled or served at room temperature or let the blender run several minutes to let it warm up. If you have a Vitamix you can get it hot.
- Adjust seasoning and flavors to taste.
- Pour into bowls and serve

Optional: Top with diced tomato, avocado, more chopped cilantro,