

## Souper Saturday

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Avocado Tortilla Soup  
Bacon Cheddar Potato Soup

## Avocado Tortilla Soup

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*Garnish with tortilla chips and sour cream or a sprig of cilantro.*

- 2 cups (480 ml) chicken broth
- 5 Roma tomatoes, quartered
- 1/3 bunch cilantro, stemmed
- 1 garlic clove, peeled
- 1/2 tsp black pepper
- 1/2 avocado, peeled, pitted
- 1/2 lime, peeled
- 1/2 cup (130 g) canned black beans, drained
- 1/2 cup (100 g) canned corn, drained
- 2 oz (56 g) tortilla chips, crushed

- 1 Place all ingredients, except tortilla chips, into the Vita-Mix container in the order listed and secure lid.
- 2 Select Hot Soups program. 2
- 3 Press Start.
- 4 Allow machine to complete programmed cycle.
- 5 Select Variable 1. Remove the lid plug.
- 6 Press Start.
- 7 Drop in corn, beans and tortilla chips through the lid plug opening.
- 8 Blend for an additional 10 seconds.

Yield: 5 cups (1.2 l)

### Tips

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This recipe can be reduced by half and made in a 32 oz (0.9 l) container.

## Bacon Cheddar Potato Soup

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- 2 cups (480 ml) skim milk
- 2 medium Yukon Gold potatoes, baked
- 1/3 cup (40 g) shredded, low fat cheddar cheese
- 1/4 small onion, sliced, sautéed
- 1/2 tsp dried dill weed
- 1/2 tsp dried rosemary
- 1/2 tsp salt
- 2 oz (55 g) turkey bacon, cooked, crumbled

- 1 Place milk, one potato, cheese, onion, dill, rosemary and salt into the Vita-Mix container in the order listed and secure lid.
- 2 Select Hot Soups program. 2
- 3 Press Start.
- 4 Allow machine to complete programmed cycle.
- 5 Select Variable 2. Remove lid plug.
- 6 Press Start.
- 7 Drop in remaining potato and bacon through the lid plug opening.
- 8 Blend an additional 10 seconds until chopped.

Yield: 4 cups (960 ml)