



# Spicy SunButter<sup>®</sup> Soup with Avocado Salsa

Start to Finish: 30 Minutes

[◀ BACK TO TABLE OF CONTENTS](#)

48 SERVINGS

96 SERVINGS

## SALSA INGREDIENTS

Red Onion, minced	2 medium size	4 medium size
Tomato, seeded and chopped	2 cups	4 cups
Avocado, chopped	8 medium size	16 medium size
Lime Juice	1/2 cup	1 cup
Ground Cumin	1 teaspoon	2 teaspoons
Jalapeño Pepper, diced	4 teaspoons	8 teaspoons
Salt and Black Pepper	to taste	to taste

## SOUP INGREDIENTS

Butter, unsalted	1/2 cup	1 cup
Red Onion, minced	2 medium size	4 medium size
Leek, cleaned, minced	4 medium size	8 medium size
Celery, minced	2 cups	4 cups
Sweet Potato, peeled and chopped	8 cups	16 cups
Tomato, seeded and chopped	8 cups	16 cups
Curry Powder	1/2 cup	1 cup
Chipotle Pepper in Adobo Sauce, minced	1/4 cup	1/2 cup
SunButter Creamy	8 cups	16 cups
Chicken Stock	8 quarts	16 quarts
Bouquet Garni	thyme, parsley, bay leaf	thyme, parsley, bay leaf
Heavy Cream	4 cups	8 cups
Salt and Black Pepper	to taste	to taste

# Meat Alternative Recipes

## DIRECTIONS FOR SPICY SUNBUTTER SOUP WITH AVOCADO SALSA

1. In medium bowl, mix all salsa ingredients; set aside until soup is ready to serve.
2. In a large soup pot, melt butter over medium-high heat. When butter foams, add red onion, leek, and celery. Cook for 5 minutes, stirring occasionally. Add sweet potato, tomato, curry, and chipotle. Cook for 5 minutes.
3. Stir in SunButter. Add chicken stock and bouquet garni. Bring to a boil. Reduce heat to medium-low. Simmer for 20 minutes, or until sweet potatoes are soft. Add cream, remove from heat, and let cool slightly.
4. With immersion blender, purée soup while still warm. Once puréed, pass soup through fine mesh strainer and season. Return to heat if necessary.
5. Garnish each bowl of soup with a tablespoon of salsa before serving.

**NUTRITION FACTS:** Calories 510, Calories from Fat 330, Total Fat 39g (60% DV), Saturated Fat 10g (50% DV), Trans Fat 0g, Cholesterol 35mg (12% DV), Sodium 450mg (19% DV), Carbohydrates 27g (9% DV), Dietary Fiber 7g (28% DV), Sugars 9g, Protein 16g, Vitamin A 80%, Vitamin C 20%, Calcium 8%, Iron 20%.