

## Creamy Avocado Poblano Soup

### INGREDIENTS

- 4TBS coconut oil
- 1 medium yellow onion, chopped
- 1 medium white sweet potato, chopped
- 1tsp sea salt
- 2TBS basil
- 2TBS oregano
- 1tsp cumin
- 1/2tsp black pepper
- zest 1 lime
- 4-6C bone broth
- 2 roasted poblano peppers
- 3 ripe avocados, pitted
- Juice 1/2 lime
- 1/3c cilantro
- cotija cheese
- avocado oil

1. Preheat oven to 400°F.
2. Slice poblanos down the middle and discard tops and seeds inside.
3. Place on baking sheet and coat with sea salt and oil.
4. Roast for 15-20 minutes or until soft.
5. Meanwhile, melt coconut oil in dutch oven.
6. Add onion, sweet potato and cook until onions begin to sweat
7. Add seasonings and cook for another 2-3 minutes.
8. Add bone broth and peppers, bring to a boil then reduce to simmer.
9. Add avocados, lime juice and cilantro, combine until well mixed.
10. Simmer until veggies soft then pure with immersion blender until smooth and creamy.
11. Served garnished with extra sea salt, cotija cheese, cilantro, and avocado oil.