

## **Avocado-Crab Soup**

1 can (10 1/2 ounces) condensed chicken broth  
1 cup water  
1 green onion, cut into about 1-inch pieces  
1 small garlic clove  
1 tablespoon lemon juice  
2 medium avocados, peeled and cut up  
1 cup plain fat-free yogurt  
1 package (6 ounces) frozen crabmeat, thawed, drained and cartilage removed

### **Instructions:**

Heat broth, water, onion and garlic to boiling in 2-quart saucepan. Pour hot mixture into food processor or blender. Add lemon juice and avocados. Cover and process about 30 seconds or until smooth.

Pour blended mixture back into saucepan. Stir in yogurt and crabmeat. Heat, stirring constantly, just until hot.

Courtesy of:  
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