

Warm Avocado And Biltong Soup

Yield: 5 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-biltong-recipe>

Ingredients:

- 2 avocado pears large, ripe, mashed
- 1 tablespoon butter or margerine
- 1 tablespoon flour
- 2 cups chicken stock
- 2 cups milk
- 1 dash Tabasco Sauce optional
- chopped parsley
- biltong

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 20 milligrams
4. Fat: 18 grams
5. Fiber: 6 grams
6. Protein: 9 grams
7. SaturatedFat: 4 grams
8. Sodium: 230 milligrams
9. Sugar: 9 grams

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