



**NUTRITION** *per serving* 55g carbohydrates 44g fat 29g protein 1642mg sodium | vegetarian, soy-free, shellfish-free, nut-free



Calories  
**695**



Prep & Cook Time  
**25-35 min.**



Cook Within  
**7 days**



Difficulty  
**Easy**



Spice Level  
**Not Spicy**

#### IN YOUR BOX

- 1 Shallot
- 1 Roma Tomato
- 1 Lime
- 1 Avocado
- 2 oz. Sour Cream
- 3 oz. Cheddar Cheese Slices
- 4 Sourdough Bread Slices
- 2 tsp. Vegetable Base
- 15 oz. Crushed Tomatoes
- 1 oz. Shredded Asiago Cheese

#### IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Baking Sheet
- 2 Small Bowls
- Medium Pot
- Large Non-Stick Pan

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**HOME CHEF**

## Avocado Grilled Cheese on Sourdough

with tomato soup

## BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Preheat oven to **425 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray

## WHILE YOU COOK

- **Salt** refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- **Heads up!** **Lime juice** is used twice. 1 tsp. is added to **avocado mash**, and 1 tsp. is added to **sour cream** for garnishing soup.
- **Heads up!** **Sour cream** is used twice. Half is mixed with 1 tsp. **lime juice** to garnish **soup** and remaining is whisked into soup.

## FROM THE CHEF

Ripen hard avocados in 1-2 days by closing them in a paper bag alone or with a banana, apple, or tomato.

### Did you know...

Hailed as the greatest invention to date (even at the time), inexpensive sliced bread first became commercially available in 1928, coinciding with the rise in popularity of grilled cheese.



## Prepare the Ingredients

Peel and mince **shallot**. Core **Roma tomato** and cut into ¼" rounds. Halve **lime** and juice. Halve **avocado** and remove pit by *carefully* tapping pit with the blade of your knife so it sticks. Gently twist knife to release pit. Scoop out the flesh with a spoon and into a small bowl. Add 1 tsp. **lime juice**, ¼ tsp. **salt**, and a pinch of **pepper** to bowl with avocado. Mash with a potato masher or spoon to form a chunky puree. In another small bowl, combine **half the sour cream** and 1 tsp. **lime juice**.



## Start the Grilled Cheese

While soup simmers, heat 2 tsp. **olive oil** in a large non-stick pan over medium-high heat. Add **sandwiches** to hot pan and cook 2-3 minutes per side, or until bread turns golden brown. *Add an additional 1 tsp. olive oil to pan if needed.* Transfer sandwiches to prepared baking sheet.



## Build the Sandwiches

Place a **cheddar slice** on each slice of **bread**. Top two bread slices with **mashed avocado** and **Roma tomato rounds**. Top with other slice of bread.



## Finish the Grilled Cheese

Top each **sandwich** with **shredded Asiago** and bake 5-6 minutes, or until Asiago is melted. Transfer sandwiches to cutting board and let rest at least 5 minutes before halving on an angle.



## Start the Soup

Heat 1 tsp. **olive oil** in a medium pot over medium heat. Add **shallot** to hot pot and cook, stirring often, 2 minutes, or until shallots become translucent. Add **vegetable base**, **crushed tomatoes**, and 1 cup **water** to pot. Bring to a simmer and cook 8-10 minutes, or until slightly thickened. Season with ½ tsp. **salt** and ¼ tsp. **pepper**. Remove from burner and whisk in remaining **sour cream**. Cover and keep warm.



## Plate the Dish

Serve **sandwiches** on a plate with **tomato soup** on side. Garnish soup with a dollop of **lime crema**.