

4 Ingredient Creamy

Cauliflower Soup

Courtesy of toriavey.com



Makes: 8 servings (varies with size of cauliflower)

Ingredients:

- 1 head cauliflower, about 2 lbs.
- Salt
- Pepper
- 1 Tbsp. butter or olive oil

Preparation:

In a medium saucepan, bring 1 quart (4 c) of water to a boil. Stir in 2 tsp. of salt till dissolved. Pour in the cauliflower florets. Bring the water back to a boil and cover. Let the cauliflower cook for about 5 minutes till very soft and tender.

Remove the florets from cooking water using a slotted spoon; reserve the salted cooking water. Place the cooked cauliflower into a blender, filling it halfway. Pour in cooking water, adding till it reaches about ½ way up the cauliflower.

Cover the blender and blend carefully, scraping the sides as needed, until the soup becomes a smooth puree. You may need to add more cooking water to achieve a soup-like texture. The longer you blend the silkier and smooth the soup becomes. Add salt, pepper, and butter to taste. I use about 1 tbsp. butter for a whole head of cauliflower. You can also add some good quality olive oil if you'd like a richer flavor without dairy. Serve hot.

Optional topping ideas: Drizzle olive oil or sesame oil, crumbled blue cheese, parmesan, parsley.

Nutrition Per serving: 8 servings

38 calories; 1g fat, 6 g carbs; 2.5g protein; 615mg sodium

4 Ingredient Creamy

Cauliflower Soup

Courtesy of toriavey.com



Makes: 8 servings (varies with size of cauliflower)

Ingredients:

- 1 head cauliflower, about 2 lbs.
- Salt
- Pepper
- 1 Tbsp. butter or olive oil

Preparation:

In a medium saucepan, bring 1 quart (4 c) of water to a boil. Stir in 2 tsp. of salt till dissolved. Pour in the cauliflower florets. Bring the water back to a boil and cover. Let the cauliflower cook for about 5 minutes till very soft and tender.

Remove the florets from cooking water using a slotted spoon; reserve the salted cooking water. Place the cooked cauliflower into a blender, filling it halfway. Pour in cooking water, adding till it reaches about ½ way up the cauliflower.

Cover the blender and blend carefully, scraping the sides as needed, until the soup becomes a smooth puree. You may need to add more cooking water to achieve a soup-like texture. The longer you blend the silkier and smooth the soup becomes. Add salt, pepper, and butter to taste. I use about 1 tbsp. butter for a whole head of cauliflower. You can also add some good quality olive oil if you'd like a richer flavor without dairy. Serve hot.

Optional topping ideas: Drizzle olive oil or sesame oil, crumbled blue cheese, parmesan, parsley.

Nutrition Per serving: 8 servings

38 calories; 1g fat, 6 g carbs; 2.5g protein; 615mg sodium