

Cauliflower Soup

Prep/Total Time: 30 min. Yield: 8 servings

Ingredients

- 1 medium head cauliflower, broken into florets
- 1 medium carrot, shredded
- 1/4 cup chopped celery
- 2 1/2 cups water
- 2 teaspoons chicken or one vegetable bouillon cube
- 3 tablespoons butter
- 3 tablespoons all-purpose flour
- 3/4 teaspoon salt
- 1/8 teaspoon pepper
- 2 cups 2-percent milk
- 1 cup (4 ounces) shredded cheddar cheese
- 1/2 to one teaspoon hot pepper sauce, optional



Directions

1. In a Dutch oven, combine the cauliflower, carrot, celery, water and bouillon. Bring to a boil. Reduce heat; cover and simmer for 12-15 minutes or until vegetables are tender (do not drain).
2. In another large saucepan, melt butter. Stir in the flour, salt and pepper until smooth. Gradually add milk. Bring to a boil over medium heat; cook and stir for two minutes or until thickened. Reduce heat. Stir in the cheese until melted. Add hot pepper sauce if desired. Stir into the cauliflower mixture.

Nutritional Facts

- 1 cup: 159 calories
- 11g fat (7g saturated fat)
- 35mg cholesterol, 617mg sodium
- 10g carbohydrate
- 2g fiber
- 7g protein

Submitted by: MSU Extension

Source: Taste of Home