

Curried Cauliflower Soup



Serves 8

Ingredients:

- 2 (16-ounce) bags frozen cauliflower
- 2 tablespoons butter
- 2 cups chicken broth
- 1 cup cream
- 1 cup grated sharp cheddar cheese
- 1 cup grated Parmesan cheese
- 1 clove garlic, minced
- 1 onion, chopped

- Parsley, to taste
- Curry powder, to taste
- Salt and pepper, to taste

Instructions:

1. Boil, drain, and mash (or puree) cauliflower. Save 1 cup of cauliflower water.
2. In a large pot, melt butter with garlic and onion until softened.
3. Add cauliflower water, broth, cauliflower, cream, cheeses, and seasonings to taste.
4. Garnish with extra cheddar cheese, if desired. Serve.

Nutrition per serving: Calories 208; Total Fat 15.2 g; Saturated Fat 9.1 g; Monounsaturated Fat 4.0 g; Polyunsaturated Fat: 0.6 g; Total Carbohydrates 7.7 g; Dietary Fiber 3.1 g; Sugar Alcohols 0.1 g; Sugars 3.1 g; Protein 11.6 g; Sodium 571 mg