

Cauliflower Soup

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Ingredients:

1/2 head of cauliflower
1 cup water
1/2 chopped onion
Salt and pepper to taste
Optional: 500 ml of 5% or 10% cream

Preparation:

Cook first three ingredients until tender.
Puree in a food processor or blender.
Put ingredients back into sauce pan.
Add salt and pepper to taste.
Add cream if desired

Tip:

If this soup is too thick, use some chicken broth until you achieve the desired consistency.

Simmer til heated through. Top with grated cheese.
May serve 4, there will not likely be leftovers.
Does not freeze well.