

Cauliflower Cheddar Soup

PREP TIME: 20 MIN

COOKING TIME: 35 MIN

SERVES: 6

This versatile soup comes together quickly and tastes great alone or in combo with a sandwich or salad. It's a great way to get some extra veggies and freezes well.

Ingredients

1 Tbsp. extra virgin olive oil
1 yellow onion, chopped
1 tsp. minced garlic (about 2 cloves)
3/4 tsp. paprika
1 head cauliflower, coarsely chopped
2 1/2 cups reduced sodium chicken or vegetable broth
1/2 cup low fat milk
1 1/2 cups shredded cheddar cheese
1-2 Tbsp. fresh dill or chives, chopped, or more to taste
1/4 tsp salt, to taste

Directions

- 1. Soften the aromatics:** In a large saucepan or stockpot, heat the oil over medium heat. Add the onions and garlic, and cook, stirring occasionally until the onions are tender, about 5 minutes.
- 2. Quick cook the cauliflower and paprika:** Add the paprika and the cauliflower and cook it for 2-3 minutes.
- 3. Add the liquids & simmer:** Add the broth and milk and bring it to a boil. Reduce the heat to keep it at a gentle simmer, cover the pan, and cook it for 25-30 minutes, stirring occasionally, until the cauliflower is very tender when pierced with a fork.
- 4. Blend soup:** Using a hand immersion blender or a standing blender, puree the soup.
- 5. Add cheddar and herbs:** Return it to the pot, if necessary, over medium-low heat and stir in the cheese, dill or chives, and salt, until the cheese is melted.

Enjoy!

