

Cauliflower and Cheddar Soup

Side Dish

Serves 6

Prep time: 10 minutes

Cook time: 20 minutes

You can have creamy and cheesy cauliflower soup ready for dinner in just 30 minutes. Make this a meal with whole-grain bread, a green salad and a cold glass of milk.

Ingredients

- 1 tablespoon butter
- 2 cups yellow onion, diced
- 3 tablespoons all-purpose flour
- 2 cups fat free, reduced-sodium chicken broth
- 5 cups chopped cauliflower, fresh or frozen
- 1 cup shredded Cheddar cheese
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 2 cups 1% lowfat milk

Preparation

Melt butter in a large saucepan over medium-low heat. Add onion, cover, and cook until softened, about 5 minutes. Add flour and cook, stirring, for 1 minute.

Stir in chicken broth and cauliflower; bring mixture to a boil. Reduce heat and simmer, covered, for 10 minutes.

Add cheddar cheese, salt and pepper; stir until cheese is melted. Stir in milk.

Puree 2 cups of the soup in a blender until smooth and return to the saucepan. Bring soup to a simmer and remove from heat. Do not boil. Serve with additional shredded cheddar cheese sprinkled on top.

Nutrition Information

Per serving: 160 calories, 8 g total fat, 6 g saturated fat, 530 mg sodium, 14 g carbohydrates, 3 g fiber, 10 g protein, 126 mg calcium.

Provided by:
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