



Cauliflower Soup

6 Servings • 1 Serving = 1 Cup

INGREDIENTS

- 1 medium onion, chopped
- 3 celery stalks, chopped
- 2 cloves garlic, chopped
- 1 Tablespoon olive oil
- 1 cauliflower head, roughly chopped
- 3 1/3 cups low sodium vegetable broth
- Salt and freshly ground black pepper, to taste
- 1 cup of 1% milk
- ¼ cup parsley or chives, chopped

DIRECTIONS

1. In a large pot, sauté onion, celery, and garlic in olive oil on medium heat until onions are translucent. Do not brown.
2. Add the cauliflower and vegetable broth and bring to a boil. Then turn down the heat and simmer, covered, until cauliflower is tender, about 20 minutes.
3. In a food processor or blender, puree in batches. Then, return to the pot, season with salt and pepper, and add milk until the mixture reaches desired thickness.
4. Garnish with chives or parsley.

Nutrition Facts

6 servings per container	
Serving size	1 cup
Amount per serving	
Calories	90
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 13g	5%
Dietary Fiber 1g	4%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 91mg	8%
Iron 1mg	6%
Potassium 457mg	10%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Recipe developed by the San Antonio Food Bank



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