

Cauliflower Cheese Soup

Cauliflower is a nutrient-dense powerhouse, but unpalatable to many. So, to embrace this cruciferous cupid, cheesing it up was the solution. Lose the cheese if it's not your thing—plain old cauliflower puréed to silkiness is simply delish with a touch of salt and freshly ground black pepper.

INGREDIENTS

1 large head cauliflower, cut into chunks
4 cups water
1 small yellow onion, thinly sliced
2 cups shredded cheddar cheese
1/2 teaspoon salt, plus more to taste
Freshly ground black pepper, to taste

STEP 1

In a medium pot, combine the cauliflower, water, and onion and cook, covered, over medium heat until the cauliflower is tender, 20 to 30 minutes.

STEP 2

Let the soup cool slightly, then place it in a blender with the cheese and 1/2 teaspoon salt and purée until smooth and creamy. Add more salt and pepper to taste.

STEP 3

Measure all dressing ingredients, place in a blender and purée until smooth and creamy. Add water to thin out if need...

SERVES

4-6 people

TIME

🕒 30m

SHOPPING LIST

1 large head cauliflower
1 small yellow onion
1 bag shredded cheddar
Salt
Ground pepper

EQUIPMENT

Medium pot with cover
High speed blender

STORAGE

Store in fridge in an air tight container, preferably glass, for 3-4 days or store in freezer for up to 3 months.