

# Creamy Cauliflower Soup



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**Makes 6 Servings**

## What You Need

*This simple soup is delicious and nutritious. Serve soup to start a meal or as part of a lunch.*

1 large onion, diced  
1 tbsp. butter or non-hydrogenated margarine  
1.5 lb. head of cauliflower, cut into flowerets  
1 carrot, peeled and chopped into small pieces  
4 cups chicken or vegetable broth (home-made, reconstituted from powder, or canned)

1 cup skim/1% milk  
¼ tsp nutmeg  
¼ tsp cayenne (or more/less depending on how spicy you like it!)  
Salt and pepper to taste  
Optional: fresh or dried dill

## How You Prepare

In a soup pot sauté onions in butter/margarine until soft. Add the cauliflower, carrot and broth and bring to a boil. Reduce heat, cover, and simmer for ~15 minutes until vegetables are soft. Remove soup from heat and cool until warm. Place soup in a blender/food processor, add milk, and puree until smooth. (You may have to do this in batches due to the large quantity). Place soup back in the pot and reheat. Add seasonings and more milk if the soup is too thick.

## Per Serving

Calories 104  
Carbohydrates 13 g  
Protein 8 g  
Fat 3 g  
Dietary Fiber 3 g