

CAULIFLOWER SOUP

Ingredients

1 medium head cauliflower, broken into florets
1 medium carrot, shredded
1/4 cup chopped celery
2-1/2 cups water
2 teaspoons chicken or 1 vegetable bouillon cube
3 tablespoons butter
3 tablespoons all-purpose flour
3/4 teaspoon salt
1/8 teaspoon pepper
2 cups 2% milk
1 cup (4 ounces) shredded cheddar cheese
1/2 to 1 teaspoon of hot pepper sauce, optional

Directions

1. In a large bowl, combine the cauliflower, carrot, celery, water and bouillon. Bring to a boil. Reduce heat; cover and simmer for 12-15 minutes or until vegetables are tender (do not drain).
2. In another large saucepan, melt butter. Stir in the flour, salt and pepper until smooth. Gradually add milk. Bring to a boil over medium heat; cook and stir for 2 minutes or until thickened. Reduce heat. Stir in the cheese until melted. Add hot pepper sauce if desired. Stir into the cauliflower mixture.

Yield: 8 servings (about 2 quarts).

Source : allrecipes.Com