

Slow Cooker Potato Cauliflower Soup Recipe

Ingredients

6 medium potatoes, peeled and chopped
10 ounces cauliflower (1/2 medium head)
1 large onion, chopped
2 stalks celery, chopped
1 carrot, peeled and chopped
5 cups chicken or vegetable broth
1 tablespoon parsley
 $\frac{1}{4}$ teaspoon black pepper
 $\frac{1}{2}$ teaspoon salt, optional
12 ounces fat free evaporated milk

Instructions

Combine the potatoes, cauliflower, onion, celery, carrot, broth, parsley, salt and pepper in a crock pot. (I used my 4-Quart.)

Cover and cook on LOW 7 to 9 hours, or until the potatoes are tender.

Stir in the evaporated milk during the last hour.

Enjoy as is or if you like your soup creamy you can puree it using a stick blender or potato masher right in the crock pot. Or you can puree all or part of the soup with a traditional blender. Do this carefully in small batches so you don't burn yourself.

Taste it and add more salt and pepper if desired.