

YUMMY CAULIFLOWER SOUP

Thick and Creamy Cauliflower Soup is a delicious, healthy low carb substitute for potato soup!

Blended with cream and served with crispy bacon, chives and shredded cheese, our Cauliflower Soup recipe is perfect for meal prep and reheats beautifully. Skip the bacon and make it vegetarian!

CAULIFLOWER SOUP

The BEST flavours are created when roasting your cauliflower rather than boiling it. Nothing beats the caramelized edges and buttery, nutty flavours you get from roasting the cauliflower together with onions and garlic to make the best cauliflower soup recipe!

Vegetarian, low carb, Keto and IRRESISTIBLE!

HOW DO YOU MAKE EASY CREAMY CAULIFLOWER SOUP

When reading Roasted Cauliflower Soup you may be thinking, 'why not just boil it?' Why not make it easier? The truth is cauliflower is pretty bland and begs for flavour.

You can flavour a boiled cauliflower soup with as many seasonings as you have, but it doesn't come close to the flavours that are naturally baked into roasted cauliflower.

To add to those delicious flavours, you're going to mix cauliflower florets with smashed whole garlic cloves and sliced onion; drizzle over some olive oil and season with salt and pepper.

For Ingredients And Complete Cooking Instructions Please Head On Over To Next Page Or Open button (>) and don't forget to SHARE with your Facebook friends

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