

CAULIFLOWER POTATO SOUP

Serves: 12 | Preparation: 20 minutes | Total: 1 hour

Difficulty: Easy



INGREDIENTS

- ¼ cup butter
- 1 ½ cups yellow onion, diced
- 4 teaspoons garlic, minced (or 1 teaspoon garlic powder)
- 1 teaspoon salt
- ¼ teaspoon black pepper
- 1 teaspoon dried thyme
- 1 teaspoon dried parsley
- 6 cups chicken or vegetable broth
- 1 tablespoon lemon juice
- 4 cups potatoes, peeled and chopped
- 4 cups cauliflower florets
- ½ cup heavy cream (optional)

INSTRUCTIONS

1. In a large pot over medium heat, melt butter. Add onions and cook for 5 minutes stirring occasionally until they begin to soften.
2. Add garlic and cook for 1 minute, stirring frequently. Stir in the salt, pepper, thyme, and parsley. Cook for 1 minute.
3. Add broth, lemon juice, potatoes, and cauliflower. Bring to a boil, then reduce heat to medium-low and simmer for 35 minutes or until vegetables are tender.
4. Remove from heat. Carefully puree the soup until smooth using an immersion or regular blender. Stir in heavy cream.