

## Cauliflower Soup



### Ingredients:

- 1 medium head cauliflower, broken into florets
- 1 clove garlic, chopped
- 1/4 cup yellow onion, chopped
- 1/4 cup celery, chopped
- 1 1/2 cups low sodium vegetable stock, may use chicken if desired
- 1/2 cup 2% milk
- 3 tablespoons olive oil
- Pepper to taste

### Directions:

1. Place a stock pot on medium heat. Add the olive oil, cauliflower, garlic celery and onions.
2. Sauté the vegetables until they are tender.
3. Slowly add the stock and stir until it begins to boil. Let boil for 3-5 minutes, until cauliflower begin to break into smaller pieces.
4. Reduce the heat to low, and add the milk and stir.
5. Allow the soup to simmer for 5-10 more minutes, stirring frequently.
6. Serve with pepper to taste, along with croutons. (See crouton recipe)
7. Refrigerate uneaten portions for up to four days, or freeze for up to four months.

Makes 4 servings.



**Tarrant County Public Health**  
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