Creamy Cauliflower Soup

Serves 8

Ingredients

- 1 medium head of cauliflower, broken into florets
- 1 medium carrot, shredded
- 1/4 cup chopped celery
- 2 1/2 cups low sodium chicken broth
- 3 Tbsp butter
- 3 Tbsp flour
- 3/4 tsp salt
- 1/8 tsp freshly ground black pepper
- 2 cups 2% milk
- 1 cup shredded cheddar
- 1/2 to 1 tsp hot pepper sauce, optional

Preparation

In a large pot, combine cauliflower, carrot, celery, and broth. Bring to a boil. Reduce heat; cover and simmer for 12-15 minutes or until vegetables are tender. Do not drain. In another large saucepan, melt butter. Stir in 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 cheese until melted. Add hot pepper sauce if desired. Stir in cauliflower mixture.

Calories 160, Total Fat 11g, Sat Fat 7g, Sodium 617mg, Carbohydrates 10g, Fiber 2g, Sugars 8g, Protein 7g

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