

Creamy Cauliflower and Cheddar Soup

Recently cauliflower was on sale for a great deal so I happened to purchase several and experimented with different cauliflower recipes. I love cauliflower because it's such a versatile vegetable and a nutritional powerhouse. It contains several vitamins and minerals including vitamin C, vitamin K, magnesium, potassium, several B vitamins plus fiber and a dose of antioxidants.

One of my recipe successes was a delicious cauliflower and cheddar soup. It was so rich and creamy you would think it was totally unhealthy. In fact, it's so tasty I'm positive you could win over even the pickiest of eaters in your household – and you don't even have to tell them it's cauliflower!

Ingredients:

- 1 medium size head of cauliflower
- 60 g of sharp cheddar
- 1/2 cup of milk of your choice (e.g. almond, goat, cow, cashew, rice, etc.)
- 1 small white onion chopped
- 2-3 cloves of garlic minced
- 1 tbsp olive oil
- Veggie water from cooked cauliflower – I didn't put quantities because it all depends on how thick you like your soup.

Directions:

1. Remove the green leaves from the cauliflower and wash thoroughly.
2. Cut cauliflower into quarters and place in a pot filled about 1/3 of the way with water (you don't want to totally submerge the cauliflower but you want enough water to cook it so that it's a bit softer than steaming it). Cook until the cauliflower is tender.
3. Meanwhile, sauté onion and garlic in olive oil until tender and the onion starts to release its juices.
4. Once the cauliflower is cooked, let it cool a little then remove it from the pot and reserve the water.
5. In a high speed blender, add your cauliflower, onion and garlic mix, milk, cheese and veggie water and blend at a high speed until smooth and creamy and all ingredients are pureed. Add more veggie water as required until desired consistency is reached. **NOTE:** I used a Vitamix for this recipe, however, you can also use an immersion blender if you wish. If you do use an immersion blender, you will want to grate your cheese first to make it easier to blend.

Store in a glass air tight container in your fridge for up to 4 days.