

# CAULIFLOWER CHEESE SOUP

*Preparation time: 40 minutes*

*Servings: 6 or more*

## INGREDIENTS

- 1 Med-Lg Potato diced
- 1 Lg Cauliflower, florets
- 1 Med Carrot, chopped
- 3 Med garlic cloves
- 1½ c Onion, chopped
- 1½tsp Salt
- 4 c Water
- 2 c Grated Cheddar cheese
- ¾ c Milk (low fat okay)
- 1tsp Dill
- ½tsp Caraway seeds
- Black Pepper to taste

## DIRECTIONS

1. Place potato, cauliflower (reserve 2 cups florets), carrot, garlic, onion, salt, and water in large saucepan. Bring to a boil, then simmer until all vegetables are very tender. Puree' with a blender or food processor and transfer to a kettle or Dutch oven.
2. Steam the reserved cauliflower pieces until just tender. Add these to the puree' along with all remaining ingredients. Heat gently, add black pepper to taste. Serve topped with a little extra cheese.

