

Cauliflower Soup

Ingredients

Medium Cauliflower

30g butter

2tbs plain flour

1pkt chicken noodle soup

1 onion peeled & chopped

1 stick celery chopped

1 cup milk

½ cup cream

Salt & pepper

Method

- 1 Cut cauliflower into florets, place in pan with chicken noodle soup, cover with water and boil till tender (approx. 15 mins).
- 2 Drain, reserve 2 cups of liquid.
- 3 Blend cauliflower until finely chopped.
- 4 Heat butter in pan, add onion and celery, cook till tender.
- 5 Add the flour and mix until combined. Gradually stir in reserved liquid and stir until soup boils & thickens.
- 6 Add cauliflower, milk and cream. Heat without boiling.
- 7 Season with salt and cracked black pepper.