

Cheesy Cauliflower Soup

Ree Drummond, 2016



4 thin slices bacon, cut into small bits
1 white onion, finely diced
1 head cauliflower, broken into pieces or chopped
1/2 teaspoon Cajun spice, or more to taste
Kosher salt and freshly ground black pepper
8 cups low-sodium chicken broth (2 quarts)
4 tablespoons butter (1/2 stick)
1/4 cup all-purpose flour
2 cups whole milk
1 cup half and half
1/4 cup sour cream
3 cups Monterey Jack cheese, grated, plus more for serving
2 tablespoons minced fresh parsley, plus more for serving
Yield: 15 cups

Per Serving (excluding unknown items): 298 Calories; 24g Fat (63.8% calories from fat); 21g Protein; 9g Carbohydrate; 1g Dietary Fiber; 63mg Cholesterol; 352mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 1/2 Non-Fat Milk; 3 1/2 Fat.

Carolyn T's Blog: tastingspoons.com

Servings: 10

1. In a large pot, fry the bacon pieces over medium-high heat until crisp. Drain the bacon on a paper towel and set aside. Pour off the grease and return the pot to the stove.
2. Add the onions to the pot and cook over medium-high heat for 3 to 4 minutes. Add the cauliflower, sprinkle with the Cajun spice and 1/2 teaspoon black pepper and cook, stirring, until the cauliflower starts turning golden brown, another 3 to 4 minutes. Stir in the chicken broth, bring to a boil, reduce the heat to a simmer and cook for 15 minutes.
3. Use an immersion blender to puree the mixture slightly, or all the way if you prefer. (Or use a regular blender; just don't fill too full.)
4. In a separate saucepan or skillet, melt the butter. Sprinkle in the flour and whisk to form a paste. Pour in the milk, then continue cooking until it thickens. Remove from the heat and stir in the half-and-half.
5. Pour the white sauce into the soup. Turn the heat to medium high and bring back to a simmer for just 3 to 5 minutes. Reduce the heat to low, stirring in the cheese and sour cream until the cheese is fully melted. Stir in the parsley.
6. Taste and adjust the seasoning. Serve with a little extra cheese, a sprinkle of bacon and a sprinkle of parsley.