

Cauliflower Soup

Adapted just slightly from *The Pioneer Woman*

<http://thepioneerwoman.com/cooking/2009/01/cauliflower-soup/>



- 1 stick butter, divided
- 1/2 whole onion, finely diced
- 1 whole carrot, finely diced
- 1 stalk celery, finely diced
- 1 whole cauliflower, up to 2 small heads, bite-sized chop
- 2 tablespoons fresh parsley, chopped
- 2 quarts low-sodium chicken broth, or stock
- 6 tablespoons all-purpose flour
- 2 cups whole milk
- 1 cup half and half
- 2 teaspoons salt (or up to 4 t)
- 1 cup sour cream (heaping) room temp (or creme fraiches or Mascarpone)

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>

Servings: 6

Note: if you want chunky soup, leave veggies in larger pieces. I pureed half or more of the soup in a blender and left some chunky.

1. In a large soup pot or dutch oven, melt 4 tablespoons butter. Add the onion and cook for a few minutes, or until it starts to turn brown.
2. Add the carrots and celery and cook an additional couple of minutes. Add cauliflower and parsley and stir to combine.
3. Cover and cook over very low heat for 15 minutes. After 15 minutes, pour in chicken stock or broth. Bring to a boil, then reduce heat and allow to simmer.
4. In a medium saucepan, melt 4 tablespoons butter. Mix the flour with the milk and whisk to combine. Add flour-milk mixture slowly to the butter, whisking constantly.
5. Remove from heat and stir in 1 cup half-and-half. Add mixture to the simmering soup. Allow to simmer for 15 to 20 minutes. Check seasoning and add more salt or pepper if necessary. If desired, use an immersion blender to puree the soup. The soup is creamy-thin - if you want a thicker soup use more flour to thicken it.
6. Just before serving, place the sour cream in a serving bowl or soup tureen. Add two to three ladles of hot soup into the tureen and stir to combine with the sour cream. Pour in remaining soup and stir. Serve immediately.

Per Serving (excluding unknown items): 403 Calories; 34g Fat (65.7% calories from fat); 21g Protein; 19g Carbohydrate; 1g Dietary Fiber; 84mg Cholesterol; 1013mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 1/2 Non-Fat Milk; 6 Fat.