

Eat a Rainbow Recipes

WHITE AND BROWN

Cauliflower and Parmesan Soup

Makes 4 main course or 4 side servings.

Ingredients:

½ tablespoon margarine
1 small onion, peeled and chopped
2 garlic gloves, sliced
½ teaspoon dried oregano
1 ½ tablespoon fresh parsley, chopped
½ small head cauliflower, chopped
2 cups chicken or vegetable broth
½ cup grated parmesan cheese (optional)
1 cup low fat milk
Pepper to taste

Equipment:

Chopping board and knife
Measuring cups and spoons
Saucepan
Stovetop/ hotplate
Blender or stab blender

Method:

1. Melt the margarine in a large saucepan over medium-heat.
2. Add the onion, garlic and oregano and sauté for 5 minutes.
3. Add the parsley and cauliflower and cook for 10 minutes.
4. Pour in the broth and let simmer for 20 minutes.
5. Reduce the heat and add the cheese and milk. Cook while stirring for 5 minutes.
6. Taste for seasoning and add salt and pepper as needed.
7. Use a blender or stab blender to process until smooth.
Serve with crusty bread.