

# Cauliflower Soup

*If you love cauliflower than this is a must try healthy soup recipe. This makes a creamy, delicious soup to take off the winter cold.*

Recipe Type: Appetizer, Crockpot, Soups

## Ingredients

1 each Cauliflower Heads, broken into florets  
2 cups Chicken broth  
2 Tbsp Chicken bouillon granules  
2 cups Half-and-half  
2 cups Low fat milk  
1 each Carrot, medium  
1 each Bay leaf  
1/4 tsp Garlic Powder  
1/2 cup Instant potato flakes  
8 ounces Low Fat Cheddar Cheese

## Directions

- 1 Place the cauliflower florets, broth and bouillon granules into a large soup pot over high heat.
- 2 Bring the mixture to a brisk boil.
- 3 Place the heat on low, cover and simmer for 25 minutes or until the cauliflower florets are tender.
- 4 Remove the cauliflower from the pot and mash with a potato masher.
- 5 Pour the broth mixture into the crock pot and then add the mashed cauliflower.
- 6 Pour the cream and milk into the crock pot.
- 7 Add the shredded carrots, bay leaf and garlic powder.
- 8 Stir to combine the ingredients together well.
- 9 Cover the crock pot and cook on low for 3 hours.
- 10 Stir the potato flakes into the crock pot, cover and continue cooking on low for 40 minutes or until the soup is a thick as you like.
- 11 Remove the bay leaf.
- 12 Place the soup, in batches, into the blender and blend until very smooth.
- 13 Return the blended soup to the crock pot.
- 14 Sprinkle in the cheese and stir to blend in the soup.
- 15 Recover and continue cooking 15 to 20 minutes or until the cheese has completely melted into the soup.

## Cooking Times

Preparation Time: 30 minutes

Cooking Time: 5 hours

Total Time: 5 hours and 30 minutes

## Nutrition Facts

Nutrition (per serving): 224 calories, 10.8g total fat, 6.5g saturated fat, 33.2mg cholesterol, 445.7mg sodium, 19.4g carbohydrates, 4.2g fiber, 7.5g sugar, 14.9g protein.

Servings: 8

Yield: n/a

## Weight Watchers Points

Points Plus: The points plus values do not include the carrot or cauliflower. With these two ingredients added, the points value would be 6.

Orig. WW Pts: 5

Points Plus: 5

## Tips

The potato flakes are to help thicken up this soup recipe. Add more for thicker soup and less if you don't want it too thick. If you prefer chunky soups, skip the step to blend the ingredients.