

## Cauliflower Soup

### Ingredients

- 1 lb cauliflower, fresh
- 1 oz margarine
- 1 cup celery, fresh, diced
- 1/3 cup onions, yellow, diced
- 1 cup carrots, fresh, diced
- 1 quart water
- 1 1/3 Tbsp chicken soup base (bouillon)
- 1 tsp basil, dried
- 1 tsp onion powder
- 1 tsp garlic powder
- 1/8 tsp black pepper



*Enjoy a taste of home with this savory, garden-fresh vegetable soup. Full of goodness, it makes a delicious pairing for any meal.*

### Directions

Rinse cauliflower, celery, and whole, peeled onions and carrots. Core cauliflower and separate into small florets.

Steam or boil cauliflower until it is tender, but does not fall apart. Drain and set aside until needed in the recipe. If a creamy consistency is desired, place cooked cauliflower in a blender and blend to desired smoothness before adding to other ingredients.

Heat margarine in a large stock pot over medium high heat. Add diced celery, onions and carrots; sauté 3-4 minutes or until vegetables are tender.

Combine water and chicken base; add to sautéed vegetables. Stir in cauliflower and season soup with basil, onion powder, garlic powder, and black pepper. Bring mixture to a boil, reduce heat and simmer for 30 minutes.

Serve 6 oz portions

**Yield** 10 servings

### Nutritional Information

*Calories 45, Fat 2.5g, Carbohydrates 5g, Cholesterol <1mg, Sodium 439mg, Fiber 2g, Protein 2g*

