

Cheddar Cauliflower Soup

From – *eatingwell.com*

2 Tbsp extra-virgin olive oil
2 large leeks, white and light green parts only, thinly sliced and rinsed
4 cups chopped cauliflower florets (from 1 medium head)
2 ½ cups low-fat milk, divided
2 cups water
1 bay leaf
1 tsp salt
½ tsp white or black pepper
3 Tbsp all-purpose flour
1 ½ cups shredded extra-sharp Cheddar cheese
1 Tbsp lemon juice

- Heat oil in a large saucepan over medium heat.
- Add leeks and cook, stirring, until very soft, about 5 minutes.
- Add cauliflower, 2 cups milk, water, bay leaf, salt and pepper. Bring to a boil over medium-high heat, stirring often.
- Reduce heat to a simmer, cover and cook, stirring occasionally, until the cauliflower is soft, about 8 minutes.
- Meanwhile, whisk the remaining ½ cup milk and flour in a small bowl.
- When the cauliflower is soft, remove the bay leaf and stir in the milk mixture.
- Cook over medium-high heat, stirring, until the soup has thickened slightly, about 2 minutes more.
- Remove from the heat. Stir in cheese and lemon juice.



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