



Cream of cauliflower soup

Simple, tasty, cheap, what more could you ask for?

main course, soup & stew, vegetarian, budget, one dish, simple, Low-fat

Active: 10

Passive: 50

Overall: 60

Yield: 4

1 tablespoon Olive oil

1 Brown onion Finely chopped

2 cloves Garlic Crushed

2 teaspoon Coriander Ground

1 teaspoon Cumin Ground

1/4 teaspoon Chilli flakes

750 grams Cauliflour Trimmed & cut into florets

2 cups Vegetable stock

2 cups Water

1/4 cup Cream or Creme Fraiche

Steps

Heat oil in a saucepan over medium heat. Add onion and garlic. Cook, stirring, for 6 to 7 minutes or until very soft.

Add coriander, cumin and chilli flakes. Increase heat to high. Cook, stirring, for 2 minutes. Add cauliflower, stock and water. Cover. Bring to the boil. Reduce heat to low. Simmer, partially covered, for 30 minutes or until cauliflower is tender. Set aside for 20 minutes.

Blend soup in batches until smooth. Return to saucepan. Stir in cream. Stir over low heat until hot. Season with salt and pepper. Serve with muffins.

Notes

Low calorie recipe, if made with lite cream one serving contains 180 Cal, 3g Fat