

Cauliflower-Cheese Soup

one hour to prepare.
Serve right away.

4-5 servings



2 cups potato chunks

2 cups cauliflowerets

1 cup chopped carrot

3 medium cloves garlic

1 cup chopped onion

1½ tsp. salt

4 cups water or stock



Place the above ingredients together in a pot. Bring to a boil, cover, and simmer 15 minutes. Let cool 10 minutes. Puree the entire mixture in the blender until smooth and creamy. Transfer to a kettle (double-boiler, if available) and whisk in:

Heat the
soup gently
as you
whisk these
in.

1½ cups grated cheddar

¾ cup milk

¼ tsp. dill weed

¼ tsp. ground dill or caraway seed

¼ tsp. dry mustard

black pepper

Steam or saute' in butter ½ cups more cauliflowerets.
Add these to the soup.

Just before serving whisk in: ¾ cup buttermilk.

~~Serve topped with chopped scallions and extra cheese.~~