

# Betty's Creamy Cauliflower Soup



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Betty demonstrates how to make Creamy Cauliflower Soup. This is a healthy soup that is very flavorful.

## Creamy Cauliflower Soup

1 small to medium head of cauliflower  
2 cups water  
 $\frac{3}{4}$  cup chopped celery  
 $\frac{3}{4}$  cup chopped onion  
1 tablespoon lemon juice  
2 tablespoons butter  
2 tablespoons flour  
2  $\frac{1}{2}$  cups water  
1 tablespoon instant chicken bouillon  
 $\frac{3}{4}$  teaspoon salt  
 $\frac{1}{8}$  teaspoon ground black pepper  
pinch of ground nutmeg  
 $\frac{1}{2}$  cup whipping cream  
grated Romano cheese, as much as desired

Remove outer leaves and core from cauliflower. Cut off any brown spots. Separate into flower-ets. Heat 2 cups water to boiling in a 3-quart saucepan. Add cauliflower, celery, onion, and lemon juice. Cover saucepan with a lid that fits and heat to boiling. Cook until tender, about 10 minutes. Test for tenderness with a fork. Do not drain. Place in a blender, cover, and pulse until it is of uniform consistency. Heat butter in a 3-quart saucepan over low heat until melted. Stir in flour. Cook, stirring constantly, until mixture is smooth and bubbly. Stir in 2  $\frac{1}{2}$  cups water. Heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in blended cauliflower mixture, instant bouillon, salt, pepper, and nutmeg. Heat just to boiling. Stir in whipping cream. Heat thoroughly, but do not boil. Ladle into large soup tureen. Ladle each serving into a soup bowl and top with grated Romano cheese. Enjoy! --Betty :)