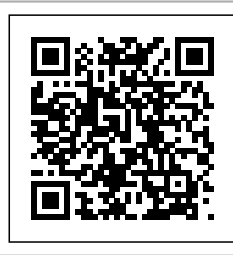


Creamy Cauliflower Soup



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Recipe by: Laura Vitale

Serves 4 as a starter

Prep Time: 10 minutes

Cook Time: 35 minutes

Ingredients

- __ 3 Tbsp of Olive Oil
- __ 1 Head of Cauliflower, cut into florets
- __ 1 Yellow Onion, peeled and diced
- __ 6 Cloves of Garlic, peeled but not chopped
- __ 2 Cups of Chicken Stock
- __ 1/2 cup of Half and Half
- __ 1/4 cup of Freshly grated Parmigiano Reggiano
- __ Salt and Pepper, to taste

1) Add the oil to a large pot, preheat it over medium heat, add the cauliflower florets, onion and garlic, season lightly with a pinch of salt and saute for 10 to 15 minutes or until the veggies have caramelized well.

2) Add the chicken stock, reduce the heat to medium-low and simmer for about 20 minutes or until the cauliflower florets are nice and soft.

3) Puree the mixture either in a blender or with an immersion blender, place the creamy soup back in the pot, add the half and half, parmigiano and adjust the seasoning to taste and simmer for just a couple minutes.

