

# Cauliflower Soup

## Ingredients

- 1 lb cauliflower florets
- 4 medium red potatoes, peeled
- 1 large yellow onion, chopped
- 2 cups low-fat (1%) milk
- $\frac{1}{2}$  tsp black pepper
- $\frac{1}{2}$  tsp hot pepper sauce
- $1\frac{1}{4}$  Tbsp balsamic vinegar
- 2 tsp rosemary, crushed
- 2 tsp thyme
- 8 slices bacon, cooked, crumbled

## Directions

1. In a large saucepan, cover cauliflower with water, bring to a full boil over medium heat. Reduce to simmer, cover, and cook until barely tender. Drain immediately.
2. Add diced potatoes, onions, milk, chicken broth, black pepper and hot sauce to saucepan. Cook on simmer for 25 minutes. Remove and cool slightly.
3. Using a food processor or blender, place  $1\frac{1}{2}$  cups of hot soup into the container and blend on low, then on high until smooth. Pour into another container. Repeat until remaining soup is processed. Be careful not to get burned with hot soup.
4. Reheat soup, add balsamic vinegar, rosemary, thyme, and bacon. Bring to simmer and cook for about 15 minutes.

## Handling & Storage

When storing cauliflower, refrigerate in a plastic bag for up to 5 days. Do not wash cauliflower until ready to use.

To prepare, rinse cauliflower under cold running water. Remove and discard the outer leaves. Cut stem flush with the base.

## Nutritional Information

**Calories:** 304

**Total Fat:** 11.8 g

**Saturated Fat:** 4.1 g

**Trans Fat:** 0.0 g

**Cholesterol:** 32 mg

**Sodium:** 654 mg

**Total Carbohydrates:** 34 g

**Dietary Fiber:** 5.2 g

**Sugars:** 8.6 g

**Protein:** 16.7 g

*Serves:* 6