

Idiot's Kitchen Recipe – Creamy Cauliflower Leek Soup

Recipe from www.idiotskitchen.com Adapted from Ree Drummond, The Pioneer Woman



Ingredients:

2 heads of Cauliflower
3-4 Leeks
1 cup chopped Carrots (about 3 carrots)
1 cup chopped Celery (about 3 stalks)
½ cup chopped Fresh Parsley (about ½ bunch)
6 Tablespoons Butter (¾ stick)
6 Tablespoons Flour
6 Cups Low-Sodium Chicken Broth (1½ - 32 ounce boxes)
2 Cups Milk
½ - 1 cups Heavy Cream
1 cup Sour Cream (not low-fat)
Salt & Pepper

Rinse and chop leeks into small strips. Chop carrots and celery into small dice.

Add 6 Tablespoons butter to a large pot. Add the carrots, celery and leeks and sauté 5-10 minutes over medium- medium low heat until just tender but not browned.

Add 6 Tablespoons of flour to the vegetables and stir 1 minute to incorporate and cook.

Add 4 cups (1- 32 ounce box) of low-sodium chicken broth and stir to combine and thicken.

Chop Cauliflower heads into rough pieces and add them to the pot.

Add approximately 2 more cups of chicken broth to cover the cauliflower. Bring to a boil, reduce the heat to simmer, cover and cook for 30 minutes.

After 30 minutes, the cauliflower should be tender and falling apart. Use the back of your spoon to break up any remaining large pieces.

Turn the heat down to low.

Season with Salt & Pepper.

Add 2 cups of milk and ½ to 1 cups of heavy cream.

Finely chop ½ cup or half a bunch of Fresh Parsley and add to the soup.

Add 1 cup of regular Sour Cream and turn the heat OFF.

Taste and re-season with Salt & Pepper to taste.

Serve with grated sharp cheddar cheese and crusty bread. Yum!