

# Handy – Dandy Shopping List – Creamy Cauliflower Leek Soup

Recipe from [www.idiotskitchen.com](http://www.idiotskitchen.com) Adapted from Ree Drummond, The Pioneer Woman



2 heads of Cauliflower

3-4 Leeks – Leeks looks like jumbo green onions. Look for them in the refrigerated produce section near the green onions, peppers and lettuce.

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)

2 Cups Milk

½ - 1 cups Heavy Cream

1 cup Sour Cream (not low-fat)

6 Cups Low-Sodium Chicken Broth (1½ - 32 ounce boxes)

6 Tablespoons Flour (not pictured)

Salt & Pepper