

# Cauliflower Soup

## Ingredients:

- 1 head of cauliflower, washed and cut up (about 4 cups)
- Chicken broth to cover the cauliflower (about 4 cups)
- 1 leek, chopped
- ½ sweet onion, chopped
- 1-2 TBS fresh ginger, chopped

## Directions:

Place cut cauliflower in a large sauce pan; cover with broth and bring to a gentle boil. In a separate pan, sauté the leek, onion, and ginger. Cook for 3-5 minutes until tender; add to the cauliflower and broth. Salt and pepper to taste. (If you make your own broth, remove any fat prior to adding it to the cauliflower.) Let soup simmer for 15 minutes and serve. Serves 6.

**Variations:** vegetable broth; shallots; caraway seed; dill weed; your favorite herbs/spices; skim milk; stewed chicken. You may puree the soup in a blender before serving.



# Nutritional Information

Makes 6 servings

<b>Nutrition Facts</b>	
<b>Serving Size: 1 serving</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	38
<b>Total Fat</b>	0.5g
Saturated Fat	0g
Trans Fat	0g
<b>Cholesterol</b>	3mg
<b>Sodium</b>	598mg
<b>Carbohydrate</b>	7.8g
Dietary Fiber	2.2g
Sugars	3.4g
<b>Protein</b>	2.3g
Vitamin A 5%	Vitamin C 56%
Calcium 3%	Iron 4%