



Cauliflower Soup at Schmitt's Farmstand on Sound

Ingredients

- 1 Large cauliflower cut into pieces
- ¼ cup butter or olive oil
- ¼ onions chopped
- ¼ cup celery chopped
- 3 cups chicken or veggie broth
- ½ cup to 1 cup of half and half or low fat milk
- Salt and pepper to taste
- ¼ tsp. grated nutmeg
- Shredded cheese, your choice

Directions

1. Cover cauliflower with some of the broth and simmer about 8 minutes until tender.
2. Take off heat, let cool a little bit.
3. Puree in a blender or use an immersion blender.
4. In another sauce pan heat butter or olive oil and sauté onion and celery.
5. Add to cauliflower mixture.
6. Add Salt and pepper to taste.
7. Then add broth to thickness you like, including half and half (or milk).
8. Sprinkle with nutmeg.
9. Sprinkle with shredded cheese and enjoy!