

Cream of Cauliflower and Fennel Soup

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Servings: 6

2 tablespoons unsalted butter

1 small onion, finely chopped

1 fennel bulb trimmed, cored and cut into 2-inch dice

1 large cauliflower, cored and coarsely chopped

1 cup chicken stock

1/2 cup heavy cream

salt

freshly ground black pepper

2 tablespoons fresh chives, finely chopped

In a saucepan, melt the butter over medium heat. Add the onion and saute' until translucent, about 3 minutes.

Add the fennel. Toss to coat. Reduce the heat to medium-low. Cover and cook until tender, about 10 minutes.

Add the cauliflower. Toss to coat. Add the chicken stock. Cover and simmer until the cauliflower is tender, about 10 minutes.

Puree' the soup in a blender or food processor until smooth.

Return to the saucepan. Whisk in the cream, salt and pepper to taste.

Garnish with fresh chives.

Per Serving (excluding unknown items): 117 Calories; 11g Fat (85.3% calories from fat); 1g Protein; 3g Carbohydrate; 1g Dietary Fiber; 38mg Cholesterol; 371mg Sodium. Exchanges: 1/2 Vegetable; 0 Non-Fat Milk; 2 Fat.