

Roasted Cauliflower Soup

Better Homes and Gardens Garden Fresh Recipes - July 2011

Servings: 8

Preparation Time: 15 minutes

Start to Finish Time: 1 hour 5 minutes

Roast Time: 30 minutes

1 large (3 pounds) cauliflower head, cut into florets (10 cups)

1 large onion, sliced

2 cloves garlic, halved

2 tablespoons olive oil

2 cans (14.5 oz) chicken broth

1 cup water

1 bay leaf

1 teaspoon snipped fresh thyme

1 cup half-and-half or light cream

1 teaspoon salt

1/8 teaspoon ground black pepper

Preheat the oven to 400 degrees.

In a large roasting pan, toss the cauliflower, onion and garlic with oil.

Roast, uncovered, for 30 minutes, stirring once after 15 minutes.

In a large saucepan, combine the roasted cauliflower and onion, broth, water, bay leaf and thyme. Bring to boiling. Reduce the heat and simmer, covered, for 20 minutes.

Discard the bay leaf.

Working in batches, transfer the soup to a food processor or blender. Process the soup until smooth.

Return the soup to the saucepan.

Stir in the half-and-half, salt and pepper.

Heat through (Do not boil).

Per Serving (excluding unknown items): 64 Calories; 4g Fat (51.4% calories from fat); 3g Protein; 5g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 480mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 1/2 Fat.