

CHEESY CAULIFLOWER SOUP



Chef Kasa

INGREDIENTS

- 1 ½ tbsp olive oil
- 6 ounces of andouille sausage, cut into ¼” slices and halved (you can substitute with bacon and make bacon bits)
- 1 ½ tbsp butter
- 2-3 garlic cloves, minced
- 1 large head of cauliflower, coarsely chopped
- 4 cups Swanson’s low sodium chicken broth
- ¼ tsp kosher salt
- ¼ tsp black pepper
- 1 cup heavy cream
- 1 tbsp Dijon mustard
- 1 ½ cups shredded extra sharp Tillamook cheddar cheese
- Chopped green onions for garnish

DIRECTIONS

1. Heat ½ tablespoon of the oil in a large pan over medium heat. Add sausage and cook for 5 minutes, or until browned, stirring frequently. Remove sausage from pan; set aside.
2. Return pan to heat. Melt butter with remaining oil in pan over medium heat. Add garlic and cauliflower and sauté for 2 minutes, or until garlic is fragrant. Add stock, salt, and pepper. Bring to a boil over high. Reduce heat to medium-low and simmer until cauliflower is very tender, about 20 minutes.
3. Remove the soup from heat, let cool 10-15 minutes for blending in a glass blender, 15-20 for using a plastic blender.
4. Once soup is cooled, work in batches to puree in blender. Return to the pot, stir in the cream and mustard. Bring back to a simmer over medium heat. Add cheese, stir to blend. (You can optionally add the sausage to the soup at this step or serve as a garnish with green onions.)
5. Ladle into bowls and serve immediately with sausage, bacon bits and/or green onions.

SHOPPING LIST

- olive oil
- Andouille sausage
- butter
- garlic cloves
- 1 large head of cauliflower
- Swanson’s low sodium chicken broth
- kosher salt
- black pepper
- heavy cream
- Dijon mustard
- Shredded extra sharp Tillamook cheddar cheese
- green onions