



## Creamy Cauliflower Soup



1/5 of recipe (about 1 cup): 143 calories, 5g total fat (3g sat. fat), 715mg sodium, 15.5g carbs, 3.5g fiber, 9g sugars, 10g protein

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**Prep:** 15 minutes    **Cook:** 40 minutes



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### Ingredients

6 cups frozen cauliflower florets, divided  
2 cups fat-free milk  
1/2 cup shredded reduced-fat cheddar cheese  
1/4 cup light/reduced-fat cream cheese  
1 cup vegetable broth  
1/2 cup shredded carrots, roughly chopped  
1 1/2 tbsp. chopped garlic  
3/4 tsp. salt  
1/4 tsp. black pepper

### Directions

Bring a large pot of water to a boil. Add 5 cups cauliflower (set aside remaining to thaw). Cook until very tender, about 15 minutes.

Drain cauliflower, and transfer to a blender or food processor. Add milk, cheddar cheese, and cream cheese. Puree until mostly smooth and uniform.

Roughly chop remaining 1 cup cauliflower.

Bring pot to medium-high heat. Add cauliflower puree, chopped cauliflower, and remaining ingredients. Bring to a boil.

Reduce to a simmer. Cover and cook for 10 minutes, or until carrots are tender and soup has slightly thickened.

MAKES 5 SERVINGS

**HG Alternative:** Use chicken broth in place of veggie broth for a flavorful spin.

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