

SLOW-COOKER

Creamy Cauliflower Soup

14 SERVINGS

PREP: 20 MINS

COOK: 6 HOURS



INGREDIENTS

- 1-3/4 pounds Yukon Gold potatoes (about 4 medium), peeled and cut into 1-inch cubes
- 1 medium head cauliflower (about 1-1/2 lb.), cut into 1-inch pieces
- 1 small onion, minced
- 3 garlic cloves, minced
- 1 large bay leaf
- 3 tsp. dried celery flakes
- 1/2 tsp. salt
- 1-1/2 tsp. adobo seasoning
- 3/4 tsp. ground mustard
- 1/4 tsp. cayenne pepper
- 6 cups water
- 3/4 cup nonfat dry milk powder

Optional Toppings:

- Shredded Cheddar Cheese
- Sliced Green Onions
- Croutons

DIRECTIONS

1. Place first 10 ingredients in a 6-qt. slow cooker. Add water; sprinkle milk powder over top.
2. Cook, covered, on low until cauliflower is very tender, 6-8 hours. Remove bay leaf. Puree soup using an immersion blender. Or cool slightly and puree soup in batches in a blender; return to slow cooker and heat through. If desired, serve with toppings.

SUBSTITUTIONS

- For added flavor, a 32-ounce carton of vegetable or chicken stock may be substituted for 4 cups of water.
- Add a small scoop of sour cream to serve with the soup.

NUTRITION

Serving Size (1 cup): 80 calories, 0 fat (0 saturated fat), 1mg cholesterol, 434mg sodium, 17g carbohydrate (4g sugars, 2g fiber), 3g protein. **Diabetic exchanges:** 1 vegetables, 1/2 starch.



RECIPE BY: TASTY OF HOME