



# ***Creamed Cauliflower Soup***

**Yield:** 4 servings

**Prep time:** 10 minutes

**Total time:** 30 minutes

Recipe from the book [\*Keto For Vegetarians\*](#) by Lisa Danielson, © RockRidge Press, 2020

## ***Ingredients***

- 2 tablespoons grass-fed butter
- 1 white onion, chopped
- 1 tablespoon minced fresh garlic
- 1 medium cauliflower, chopped into small florets (or a bag of frozen cauliflower)
- 2 cups vegetable broth
- 1 bay leaf
- 1 cup grated sharp cheddar cheese
- ½ cup heavy (whipping) cream
- 1 teaspoon salt
- ½ teaspoon freshly ground black pepper

## ***Directions***

1. In a stockpot over medium-high heat, melt the butter
2. Add the onion and garlic, and sauté for about three minutes
3. Add the cauliflower florets and cook, stirring, for another 2 to three minutes
4. Pour in the vegetable broth and add the bay leaf
5. Bring to a simmer and cook for about 20 minutes until the cauliflower is tender
6. Remove from the heat and stir in the cheddar cheese, cream, salt and pepper. Stir until the cheese is completely melted
7. Divide into 4 portions and serve

## ***For The Instant Pot:***

1. Set the pot to sauté and melt the butter, then continue recipe to step 4 above

2. Turn the pot to manual pressure for 10 minutes
3. Allow the pot to naturally release for 10 minutes, then pop the release valve to remove remaining pressure
4. Remove the lid, then stir in remaining ingredients in step 6
5. Proceed to step 7, dividing in to four portions to serve

## **Special Diet Information**

Keto, vegetarian, gluten free, egg free, nut free.

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