

CAULIFLOWER SOUP

2 heads cauliflower (cut into small florets)

8 cups chicken broth

3/4 cups celery (chopped)

3/4 cups onion. (chopped)

2 tsp. salt

2 tsp. pepper

2 cups milk or light cream (I used canned coconut milk)

1 tsp. Worcestershire sauce.

1. Combine cauliflower, broth, celery, onion, salt and pepper in a 6qt. crock pot. Cook on low 7-8 hours or on high 3-4 hours.

2. Pour soup into a blender and blend until

smooth (I used an immerse able blender in the same pot. Using a Vitamix makes the soup creamier.). Add milk and Worcestershire sauce and stir until well blended. Cover and cook on high an additional 15-20 minutes. Serve garnished with chives if desired.

Makes about 8 servings