

Creamy Cauliflower and Potato Soup

Adapted from Luscious Cauliflower Soup by Cottage Grove House

2 tablespoons olive oil
1 cup diced sweet yellow onion
1 clove garlic, minced
1/2 head cauliflower, cored and roughly chopped
2 medium potatoes, peeled and diced
5 cups chicken or vegetable broth, preferably homemade or low sodium
1/2 cup half and half
1/4 cup heavy whipping cream whisked with 2 tablespoons sour cream
1 cup grated cheddar cheese (not pre-shredded)
Snipped chives, for garnish
Chopped cooked bacon, for garnish (optional)
Salt and pepper, to taste

Heat 2 tablespoons of olive oil (or 1 tablespoon bacon grease and 1 tablespoon olive oil) in a soup pot or Dutch oven over medium heat. Add the diced onions and cook until soft, about 5 minutes. Add the minced garlic and cook about 1 minute, until fragrant. Add the cauliflower and potatoes and continue to cook for 5 minutes.

Add the broth and bring to a low boil. Reduce the heat to low and simmer until the potatoes are tender, about 20 more minutes. Remove from heat

In batches, blend about half the soup until desired consistency. Stir in the cheese, half & half and sour cream mixture. Garnish with snipped chives and bacon bits (optional). Pass with salt and pepper and adjust seasoning accordingly, depending on garnishes used. Serve with warm crusty, buttered bread.