

Norma's Creamy Cauliflower Soup

November 1980, by Norma Forsberg

Serves 8

INGREDIENTS:

1 medium large head of cauliflower broken into small 2 inch pieces
1 very large carrot diced small
1 small yellow onion diced small
4 T butter
½ C flour
2 C half and half
3 oz. of cream cheese
4 C 2% milk
1 t of salt and 1 t pepper

DIRECTIONS:

First, steam the cauliflower and the onion and carrot until soft. In a large stew pot, heat the butter and flour and stir to create a roux. Cook for about 1 minute so the taste of the flour cooks off. Add the half and half and stir until smooth and until it starts to just thicken. Then add the cream cheese, milk and salt and pepper and heat until it is a nice creamy consistency. Then add the steamed vegetables and warm through. Serve.

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