

CAULIFLOWER AND RED PEPPER CHOWDER

Yield

8 Servings

Ingredients

1 Tbsp	butter	15 mL
2/3 cup	shallots, minced	150 mL
4 cups	vegetable broth	1 L
1 1/2 cups	water	375 mL
1	head cauliflower, chopped in florets	1
2 cups	red pepper, finely chopped	500 mL
1 cup	potato, finely chopped	250 mL
1 1/2 cups	milk	375 mL
	pepper to taste	
1 Tbsp	dried basil	15 mL
	sour cream	

Directions

In large pot gently sauté shallots in butter for about 5 minutes. Add broth and water and bring to a boil. Add cauliflower, red pepper, potato and bay leaf; return to a boil. Reduce heat, and simmer for 20 minutes or until potato is tender. Stir in milk and black pepper. Cool slightly and discard bay leaf. Puree half of the soup in a blender or food processor. This may need to be done in stages depending on the size of your blender. Return the pureed soup to the remaining soup, add basil and stir. Bring to a boil over medium-high heat, stirring frequently. Remove from heat. Serve in bowls and top with sour cream.

Nutrient Content

Per Serving: Energy: 133.0 Kcal · Carbohydrate: 21.1 g · Protein: 5.4 g · Fat (Total): 3.6 g · Calcium 102.3 mg