

Cauliflower, Cheese & Leek Soup

Great way to use up leftover pieces of cheese!!

Makes: 12 Servings

Ingredients

- 2 tablespoons olive oil
- 3 tablespoons butter or low fat spread
- 3 Leeks, cut into 1 inch pieces
- 1 large head cauliflower, chopped
- 3 cloves garlic, finely chopped
- 1 ½ Litres vegetable stock (Made with 2 stock cubes & Boiling water)
- Salt and freshly ground black pepper to taste
- 1 cup low fat milk (optional)
- 200g Cheese (crumbled Blue or Stilton or grated Cheddar) Alternatively you can use up any leftover pieces of cheese, just remove any rind before using.



Instructions

- 1** Heat the olive oil and butter in a large pot over medium heat, and saute the leeks, cauliflower, and garlic for about 10 minutes. Stir in the vegetable stock, and bring the mixture to a boil. Reduce heat, cover, and simmer 45 minutes.
- 2** Remove the soup from heat. Blend the soup with a hand blender. Season with salt and pepper. Mix in the low fat milk and cheese, and continue blending until smooth.

Nutrition information:

Each Serving:

Kcal	136
Fat (sat)	5.3g
Net Carbs	6.4g
Protein	5.5g