

Creamy Cauliflower Chowder

Makes: 6 Servings

Ingredients

2 tablespoons oil/low fat spread
2 cloves garlic, minced
1 onion, diced
2 carrots, peeled and diced
2 stalks celery, diced
4 cups chicken broth (Boiling water with a stock cube dissolved)
1 cup low fat milk
1 medium head cauliflower, roughly chopped
1 bay leaf
Optional - Salt and freshly ground black pepper, to taste
2 tablespoons chopped fresh parsley leaves



Instructions

Melt oil in a large saucepan over medium heat. Add garlic, onion, carrots and celery. Cook, stirring occasionally, until tender, about 3-4 minutes. Stir in cauliflower and bay leaf. Cook, stirring occasionally, until lightly tender, about 3-4 minutes.

Add chicken broth and milk, and bring to the boil. Simmer for 10-12 minutes. Remove bay leaf.

Separate a third of the mixture and blend until smooth, add this back to the remainder of the chowder to thicken it.

Season with salt and pepper and garnish with parsley, if desired.

Nutrition information:

Each Serving:

Kcal	150
Fat	1.5g
Net Carbs	6.0g
Protein	6.5g