

Cauliflower & Leek Soup

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)



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 continue blending until smooth.

Nutrition information:

Each Serving:

Kcal	88
Fat (sat)	2.3g
Net Carbs	6.4g
Protein	2.5g