

Cream of Vegetable Soup

Recipe By *Brynie Greisman*



Cooking and Prep:  35
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Serves:  10

Contains: 

Preference: Dairy

Difficulty: Easy

Occasion: Chanukah

Diet: Gluten Free, Vegetarian,

Pescetarian, Low Fat, Low

Carb

Source: Family Table by

Mishpacha Magazine

This creamy soup is comforting on a cool day. It has so little oil, and skim milk replaces the usual cream used in such recipes. It's really, really good.

Ingredients (12)

Main ingredients

- 1 tablespoon oil
- 2 onions, chopped (you can use two kinds if you like)
- 4 carrots, shredded
- 1 cup chopped celery

- 4 potatoes, peeled and cubed
 - 1 large head cauliflower, broken into florets, approximately 1 pound (450 grams)
 - 2 heaping teaspoons parve chicken soup powder dissolved in 1 cup water
 - 4 and 1/2 cups additional water (approximate amount)
 - 2 teaspoons salt, or to taste
 - 1/2 teaspoon white pepper, or to taste
 - 1/2 cup skim milk
 - fresh basil
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Start Cooking

Make the Soup

1. In a large (5- to 6-quart/liter) pot, heat the oil over a medium-high flame and sauté the onions, carrots, and celery in oil until the onions are tender.
2. Add the potatoes and cauliflower and sauté for five to six minutes longer.
3. Add the water (all of it), salt, and pepper. Bring to a boil. Reduce the flame and simmer, covered, for 15 minutes or until the veggies are tender. Let the soup cool. Then puree the mixture with a stick blender.
4. Stir in the milk and heat through, but do not boil. Garnish with fresh basil.

Note:

I know I've mentioned this before, but it's worth repeating. When shredding carrots, shred much more than you need and freeze them. It's a pleasure to grab a handful from the freezer and have one less veggie to prepare. Also, it's recommended to use fresh cauliflower for optimum taste. If, however, it's not available, *bidieved* (as a second-best option) you can substitute frozen. If you don't want to use even the healthy brand of soup mixes, substitute your own seasoning, but use all the water.

Tip:

Cauliflower is low in sodium, calories, and carbs, and is a good source of fiber, folate, and vitamins C, B6, and B5. It is also fat- and cholesterol-free. A member of the cruciferous family, cauliflower is rich in compounds that may help prevent cancer. Acids in cauliflower form strong-smelling sulfur compounds when heated, so don't overcook it.