

# White Velvet Garden Soup

Recipe By *Faigy Grossman*



Cooking and Prep:  50  
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Serves:  6

Contains: 

**Preference:** Dairy

**Difficulty:** Easy

**Diet:** Vegetarian, Pescetarian,

Sugar Free, Gluten Free

**Source:** Family Table by

Mishpacha Magazine

Rich and creamy, this savory soup is easy to create and a satisfying treat to the palate! I chose the cauliflower, not just for its flavors, but also to cut down on carbs.

## Ingredients (11)

### Main ingredients

- 1 medium onion, diced
- oil, for sautéing
- 16 ounces (900 grams) frozen cauliflower florets
- 4 medium potatoes, peeled and diced
- 1 tablespoon parve chicken soup mix

- 4 cups water
  - 1 and 1/2 teaspoon salt
  - 1 and 1/2 cups mixed frozen garden vegetables
  - black pepper, to taste
  - 1/2 cup milk
  - 1/3 cup shredded cheese
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## Start Cooking

### Prepare the Soup

1. In a large pot, sauté onion in oil until golden.
2. Add cauliflower, potatoes, chicken soup mix, water, and salt to the pot. Bring to a boil then reduce heat and simmer until vegetables are soft when pierced with a fork.
3. Remove from heat and blend using an immersion blender.
4. Return to heat, add remaining ingredients, and bring to a boil again. Serve hot with croutons.