



**VETRI  
COMMUNITY  
PARTNERSHIP**

EAT. EDUCATE. EMPOWER.

## MOBILE TEACHING KITCHEN

### Creamy Potato and Cauliflower Soup

#### INGREDIENTS

- 4 cups golden potatoes, peeled and chopped
- 4 cups cauliflower florets, chopped – *frozen works great too!*
- 2 Tablespoons olive oil
- 1/2 large yellow onion, chopped
- 2 cloves garlic, minced
- 4 cups vegetable broth
- 2 teaspoons salt
- 1 teaspoon pepper
- 1 teaspoon of dried, or 2 teaspoons fresh rosemary (optional)

Toppings: Scallion onions, croutons, fresh cracked black pepper, shredded cheese, sour cream, etc.

#### DIRECTIONS:

1. Wash hands with soap and warm water before beginning recipe. Rinse potatoes under cold running water to remove excess dirt.
2. Prep your vegetables and set aside.
3. In a large pot over medium heat, add oil. Next add onions and sauté 5 minutes until they become translucent. Then add garlic and sauté an additional 2 minutes.
4. Add potatoes, cauliflower and broth. *Your broth should be enough to cover the vegetables.* Season with salt, pepper and optional rosemary. Stir to combine
5. Bring the pot to a boil, then reduce to a simmer. Cook for 20-30 minutes until potatoes and cauliflower are soft – *test with a fork for tenderness.*
6. Remove from heat but do not drain the liquid. *If you want texture in your soup, remove ½ cup of vegetables and set aside.* Carefully using an immersion blender or blender, puree until smooth and creamy. Reheat soup under low heat, adding in reserved vegetables for texture. Serve hot and garnish with your favorite toppings!



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