

Cauliflower & Broccoli Soup Recipe

thesagechef.substack.com/p/cauliflower-broccoli-soup

Yield: about 8 servings.

Total time: about 90 minutes, including some clean up.

Cook time: about 35-40 minutes.

Ingredients

- 1 TBSP olive oil
- 1 cup chopped yellow onion, about 1/2 of a medium-sized onions
- Crushed red pepper
- Broccoli - I had about 1.2 pounds of broccoli. Get something close to that.
- Cauliflower - My cauliflower weighed 1.72 pounds.
- Let's be real here. I had about 3 # of veggies. Mix them up any way you like.
- 4 cups chicken broth - this can vary depending on the amount of veggies.
- 1 tsp salt
- 1/4 tsp pepper
- Grated cheese. Your choice of cheese. I'm fond of extra sharp cheddar!

Preparing to Cook:

1. Cut up onion and set aside.

2. Wash the broccoli & cauliflower and cut into smallish pieces. About 1 - 1.5 inches across. Doesn't have to be perfect since they'll get pulverized in the food processor.
3. Run the broccoli & cauliflower through the food processor until it looks like rice. This will likely require several batches.
4. Have the chicken broth, salt and pepper nearby along with measuring cup & spoons.

Cooking Directions:

1. Heat the olive oil in a large soup pot, until hot.
2. Add the onion and crush red pepper.
3. Sauté until transparent.
4. Add in the broccoli & cauliflower, that have gone through the food processor.
5. Now pour in the broth, but only until the veggies are just barely covered. You may not need it all. Then again, you may need more. Add in more if needed and if you're out of broth, use water for the rest.
6. Add in the 1 tsp of salt and the 1/4 tsp black pepper.
7. Bring to a boil.
8. Cook over medium-low heat for 30 minutes.
9. Use your stick blender to purée the soup.
10. Put in bowls and top with grated cheese.
11. ENJOY!