GLOBAL · LUNCH · DINNER

Cream of Cauliflower Soup

25 min · Serves 4 · 232 kcal a serve · Video 9:11 · HK's Keto & Low Carb Recipes

Vegetarian

A velvety vegetable soup with no flour or potato: about 7 g net carbs a serve, rich in vitamin C from the cauliflower, with most of its energy from butter, cream and avocado oil.

Diet notes: Keto (7.1 g net carbs a serve); Gluten-free with a swap: Check the stock cube is gluten-free.

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Ingredients 15 · SERVES 4

- [ ] 500 g **cauliflower**, florets and chopped stalk
- [ ] 1 tbsp **avocado oil**
- [ ] 1 tbsp **butter**
- [ ] 75 g **onion**, sliced
- [ ] 10 g **garlic** cloves
- [ ] 1/2 tsp **fresh thyme leaves**
- [ ] 1/4 tsp **ground nutmeg**
- [ ] 1/2 tsp **black pepper**
- [ ] 1 **low-sodium vegetable stock cube**
- [ ] about 500 ml **water**, enough to cover
- [ ] 100 ml heavy (double) cream
- [ ] **salt** to taste (about 2/3 tsp)
- [ ] crumbled **aged cheese**, such as a mild blue (optional)
- [ ] 1 **hazelnut** per bowl, finely grated (or other nuts), to serve (optional)
- [ ] chopped **fresh parsley**, to serve

Allergens found in the listed ingredients: Gluten, Milk, Tree nuts. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Cut the florets off the cauliflower and chop the trimmed stalk too, so none goes to waste. 1:08
2. Warm the avocado oil and butter in a heavy pot and cook the onion for a few minutes until soft and translucent. 1:45
3. Turn the heat up, add the cauliflower and let it brown in places. Add the garlic, thyme, crumbled stock cube, nutmeg and pepper and keep cooking 3–4 minutes until the bottom of the pot colours. 2:37
4. Pour in about 500 ml water, just enough to cover, scrape up the browned bits, then cover and simmer 10–15 minutes until the cauliflower is very tender. 3:46
5. Blend until smooth, then push through a sieve for a silky texture. Return to the pot over low heat and stir in the cream; season with salt and pepper. 4:27
6. Crumble in the cheese if using, and serve topped with cracked black pepper, a little grated hazelnut and parsley. 6:22

> **Tip** For a dairy-free version, use avocado oil instead of the butter and coconut cream instead of the cream, and skip the cheese. Freezes well before the cream goes in. Thin with water or stock if too thick on reheating.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
232 kcal	**6.1** g	**10** g	**3.2** g	**20** g	**690** mg
970 kJ	12% of a day	7.1 g net · 4 g sugars	11% of a day	10 g saturated	30% of a day
		4% of a day		25% of a day	

Energy from net carbs 12% · protein 10% · fat 78% — fits keto: 7.1 g net carbs, 78% of the energy from fat

High in (20%+ of a day) Vitamin C 71% · Vitamin K 32% · Folate 20%

Source of (10–19%) Vitamin A 18% · Vitamin B6 18% · Omega-3 12% · Potassium 10% · Calcium 10%

Recipe and video: HK's Keto & Low Carb Recipes (@HKKetoRecipes) on YouTube — youtube.com/watch?v=51RLos4er7Q, published 27 November 2019. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-cream-of-cauliflower-soup