

CAULIFLOWER CARAWAY POTATO SOUP

Can be prepared in 45 minutes or less.

— ingredients —

3 ½ cups of chicken or veggie base stock

1/2 pound potatoes

1/2 cup chopped cauliflower leaves

1 large onion, chopped

1/4 teaspoon caraway seeds

2 cups 1-inch cauliflower flowerets

freshly grated Parmesan to taste

— preparation —

In a saucepan sauté the onion til translucent. Combine the potatoes, peeled and cut into 1/2-inch pieces, the cauliflower leaves, the caraway seeds, and 3 1/2 cups chicken stock or veggie chix stock, add to the pot and simmer the mixture for 15 minutes, or until the potatoes are very tender. Using a immersion blender, purée the mixture coarse. In the pan combine the purée and the flowerets, simmer the soup for 5 minutes, or until the flowerets are tender. Salt and pepper to taste. Serve the soup sprinkled with the Parmesan and homemade croutons.

Makes about 3 1/2 cups, serving 2.

Note: sliced carrots can be added to the soup for some extra flavor and color.