

Eat The View



Recipes and Tips

Cauliflower, Potato and White Bean Soup

3 servings

8 oz potatoes, cut into 1- to 2-inch chunks
8 oz cauliflower, chopped into large bite-sized florets and stems
1 can cannellini beans, drained
1 onion, minced
1 or 2 garlic cloves, smashed and minced
14 oz vegetable stock
1 ½ tablespoons butter
½ teaspoon dried thyme
salt and pepper
1 teaspoon lemon juice
4 oz yogurt
Grated Cheddar, for serving

Combine the potatoes, cauliflower, beans, onion, garlic, vegetable stock, butter, thyme, and ¾ teaspoons salt. Cover and cook until the vegetables are very tender.

Add the lemon juice. To make a completely smooth and creamy soup, purée the ingredients using an immersion blender. To make a textured, chunky soup, smash the ingredients using a potato. Stir in the yogurt. Taste and add additional salt if necessary.

Serve in bowls topped with black pepper and shredded Cheddar.