Cheesy Cauliflower Soup

Ingredients

- 3 tbsp unsalted butter
- 1 stalk celery, thinly sliced
- 2 carrots, julienned and cut into 1-inch strips (matchsticks)
- 2 shallots, minced
- 4 cloves garlic, minced
- 3 tbsp all-purpose flour
- 4 cups low-sodium chicken broth
- 1 tsp salt
- ½ tsp garlic powder
- ½ tsp ground black pepper
- ¼ tsp coriander
- ¼ tsp paprika
- ⅛ tsp cayenne pepper
- 1 large head cauliflower, or 2 small/medium heads, cut into florets
- ½ cup heavy cream
- 1 cup grated Cheddar or Colby Jack cheese
- Freshly chopped parsley, optional, for garnish

Instructions

1. In a large stockpot or Dutch oven set over medium-low heat, add the butter.
2. Once melted, add the celery and sauté for 3 minutes. Then add the carrots, shallots and garlic, and sauté for 2 minutes.
3. Add the flour. Whisk the flour until it turns golden brown, taking care not to burn it.
4. Gradually pour in the chicken broth, whisking continuously until combined. Turn the heat up to medium and bring to a simmer.
5. Add the salt, garlic powder, pepper, coriander, paprika and cayenne pepper.
6. Add the cauliflower and allow the soup to gently boil for 15 minutes.
7. Remove 2 cups of the soup and purée in a food processor or blender until smooth. Return the puréed mixture to the soup.
8. Pour in the cream and continue to gently boil for an additional 10 minutes.
9. Add the cheese and whisk until combined.
10. Remove from the heat and garnish individual servings with parsley, if desired.