



**RECIPE NAME:** Instant Bliss Cheesy Cauliflower Soup

**FROM THE KITCHEN OF:** Chris Keller

## INGREDIENTS:

2 cups of milk  
1 tbsp of butter  
1/2 cup of flour  
4 cups of shredded cheddar cheese  
1 tbsp of Better than Bouillon  
or 1 Bouillon cube  
1 1/2 cup of water  
1 head of cauliflower, steamed  
1/2 a bag of frozen mixed vegetables

## INSTRUCTIONS:

### ROUX

Heat up 2 cups of milk to a medium temperature. Add 1 tbsp of butter & 1/2 cup of flour and stir. Add 4 cups of shredded cheddar cheese. Adjust flour if need be if you like a thicker soup.

### BROTH

Heat 1 1/2 cup of water to almost boil. Add 1 tbsp of Better than Bouillon or your bouillon cube until dissolved.

Add the broth to the roux. Steam 1 head of cauliflower and add your 1/2 bag of frozen mixed vegetables. I like a broccoli/carrots mixture. Simmer for 30 minutes and feel the comfort.

