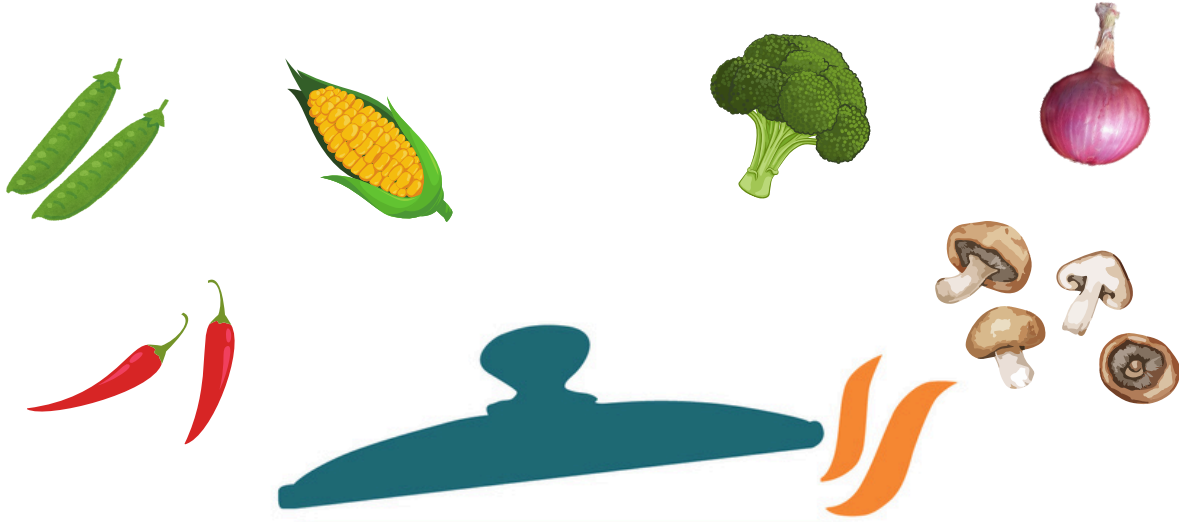




# Foodshare



## Cooking for Change! PROGRAM



# Cauliflower and Potato Soup

# Cauliflower and Potato Soup

## Ingredients - Yield 24L

- 1L cup oil
- 4kg onions (approx. ½ kg), chopped
- 2 bulbs garlic, minced
- 12kg Potato, chopped into quarters
- 6-9 cauliflower (approx. 1 kg), chopped into smaller pieces
- 12L water
- 12 tsp Massel stock powder
- 6 tsp grated nutmeg
- 6 tsp salt
- Pepper, to taste
- Fresh chives or parsley, for garnish

## Method

1. Prepare all vegetables.
2. Heat the oil in a large saucepan over medium heat. Add the onion and garlic, and sweat gently until soft but not browned (5–10 minutes).
3. Add the grated nutmeg and cook for 1–2 minutes to release the aroma.
4. Add the potato and cauliflower.
5. Pour in the stock and bring the mixture to a boil.
6. Cover and simmer for 20–30 minutes, or until the vegetables are tender.
7. Allow the soup to cool slightly, then blend until smooth.
8. Taste and adjust seasoning as required.

### Optional:

1. Add extra flavorings such as salt, brown sugar, or herbs if needed.
2. Additional vegetables can be included, e.g., leek, swede, turnip, or parsnip.