



Photo Credit : Pusicmarino

Flower Power

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Cauliflower Potato Soup

Serves 4

Ingredients

- 1 tbsp soft margarine
- ½ cup onion, chopped
- 2 cups cauliflower, chopped
- 2 cups potato, peeled and diced
- ½ cup carrot, shredded
- 1 tsp caraway seeds
- 3 cups low fat chicken broth
- ½ tsp salt
- Pepper, season to taste

Methods

1. Melt margarine in large saucepan and add onion. Cook until lightly browned or fragrant.
2. Add cauliflower, potato, carrot, and caraway seeds, stirring constantly for 4-5 minutes.
3. Add remaining ingredients and bring to a boil. Reduce heat, cover and simmer about 15 minutes or until vegetables are tender.
4. Remove lid, and blend mixture into puree.
5. Replace lid and simmer another 20-30 minutes.
6. Serve hot with pepper.

Nutrient Analysis Per Serving	
Energy	105Kcal
Carbohydrate	13g
Protein	5g
Fat	3g
Saturated fat	0.4g
Cholesterol	13mg
Dietary fibre	3g
Sodium	420g

Carbohydrate Exchanges = ~ 1 exchange

