

# Ingredients



1½ lbs. (700 g) russet potatoes, peeled (about 3 medium)  
½ cup (125 mL) vegetable broth  
4 oz. (125 g) sharp cheddar cheese (1 cup/250 mL grated), plus more for topping  
2 cups (500 mL) cauliflower florets (6 oz./175 g)  
3 cups (750 mL) milk  
2 tbsp (30 mL) butter  
1 tbsp (15 mL) Three Onion Rub  
½ cup (125 mL) sour cream  
Optional: Bacon bits, chopped green onions

## Cauliflower Potato Soup

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HUNGRY  
BOYS

### Instructions

- Cut potatoes in half lengthwise. Add potatoes and broth to the Rockcrok® Dutch Oven. Microwave, covered for 11 minutes.
- Meanwhile, coarsely grate the cheese.
- Rotate the potatoes and add the cauliflower. Microwave, covered, 7–9 minutes or until potatoes are tender when pierced with a fork.
- Coarsely mash the potato and cauliflower mixture. Add the milk, butter, and Three Onion Rub. Microwave, covered, until hot, about 4–5 minutes.
- Place the sour cream in a small bowl. To temper, add 1 tbsp (15 mL) of hot soup at a time, whisking between each addition until the mixture is warm. Then add the sour cream mixture into the soup. Stir in the cheese and gently whisk until it fully melts.
- Top with additional cheese, bacon, and green onions if you like.

