

SOUP

Golden Potato-Cauliflower Soup

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
47 min	15 min	32 min	4	\$1.35	173 kcal



Golden Potato-Cauliflower Soup is a hor d'oeuvre that serves 4. Watching your figure? This dairy free and lacto ovo vegetarian recipe has 173 calories, 5g of protein, and 6g of fat per serving. For \$1.35 per serving, this recipe covers 12% of your daily requirements of vitamins and minerals. It is p...

Ingredients

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| ☐ 2½ cups sliced cauliflower (about 1/2 small cauliflower) | ☐ 1/3 cup finely chopped celery |
| ☐ 28 ounce fat-free, less-sodium chicken broth canned | ☐ 1 teaspoon ground cumin |
| ☐ ¼ teaspoon ground red pepper | ☐ 1 cup cubed French or Italian bread |
| ☐ 1 teaspoon lemon juice | ☐ 1 teaspoon olive oil |
| ☐ 2 teaspoons olive oil | ☐ ½ teaspoon salt |
| ☐ 1/3 cup finely chopped shallots | ☐ ¾ pound sliced peeled Yukon gold potato |

Method

- 1 Preheat oven to 35
- 2 To prepare croutons, combine cumin and 1 teaspoon oil in a bowl; add bread cubes, and toss to coat.
- 3 Spread bread cubes on a baking sheet.
- 4 Bake at 350 for 10 minutes or until golden. Cool croutons slightly; set aside.
- 5 To prepare soup, heat 2 teaspoons oil in a large saucepan over medium heat.
- 6 Add shallots and celery; cover and cook 2 minutes. Stir in cauliflower, potato, broth, salt, and pepper; bring to a boil. Reduce heat, cover, and simmer 15 to 20 minutes or until vegetables are tender.
- 7 Add lemon juice.
- 8 Place vegetable mixture, in batches, in a food processor; process until smooth. Divide soup evenly among 4 bowls; serve with croutons, and top with chives, if desired.

Nutrition per serving

173	5 g	6 g	26 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			1.9 g · 12% of daily needs
Fibre			4.2 g · 17% of daily needs
Sugar			6 g · 7% of daily needs
Sodium			1,162 mg · 51% of daily needs
Cholesterol			0 mg · 0% of daily needs
Vitamin C			49.3 mg · 60% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/golden-potato-cauliflower-soup-148423