

Creamy Cheddar Cauliflower & Roasted Garlic Soup: Ultimate Comfort

Creamy Cheddar Cauliflower & Roasted Garlic Soup



OVEN
400°F

TIME
25-35 min

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INGREDIENTS

to create this incredibly creamy and flavorful
Cheddar Cauliflower & Roasted Garlic Soup:

DIRECTIONS

1. Steps for the : Recipe
2. Let's get this comforting : Creamy Cheddar Cauliflower & Roasted Garlic Soup simmering!
3. Roast : Garlic & Cauliflower:
4. Preheat your oven to 400°F (200°C).
5. Place cauliflower florets on one side of a large baking sheet. Drizzle with 1 tablespoon olive oil, 1/4 teaspoon salt, and 1/8 teaspoon black pepper. Toss to coat.
6. Place the garlic heads (cut side up) on the other side of the baking sheet. Drizzle each head with 1/2 tablespoon olive oil.
7. Roast for 25-35 minutes, stirring the cauliflower halfway, until the cauliflower is tender and lightly browned, and the garlic cloves are very soft and golden. Once cool enough to handle, squeeze the roasted garlic cloves out of their skins.
8. SautØ Aromatics:
9. In a large : Dutch oven or heavy-bottomed pot, melt the unsalted butter over medium heat. Add the chopped onion and celery. Cook for 8-10 minutes, stirring occasionally, until softened and translucent.
10. Build : Soup Base:
11. Add the roasted cauliflower and squeezed roasted garlic cloves to the pot with the sautØed vegetables. Stir in the chicken or vegetable broth, milk, dried thyme, smoked paprika (if using), remaining 1/4 teaspoon salt, and 1/8 teaspoon black pepper.
12. Bring the mixture to a gentle simmer. Reduce heat to low, cover the pot, and let it simmer for 15-20 minutes, allowing the flavors to meld.

13. Blend : Soup:
14. Carefully use an immersion blender to blend the soup directly in the pot until smooth and creamy. Alternatively, carefully transfer portions of the soup to a regular blender (do not overfill, and vent the lid to allow steam to escape) and blend until smooth, then return to the pot.
15. Add : Cream & Cheese:
16. Stir in the heavy cream (if using) and 2 cups of the shredded sharp cheddar cheese until completely melted and smooth. Continue to simmer gently for another 5 minutes, allowing the soup to heat through and thicken to your desired consistency. Do not boil rapidly once dairy is added.
17. Serve & : Garnish:
18. Taste and adjust seasoning (salt, pepper) if needed. Ladle into bowls, garnish with extra shredded cheddar cheese and fresh chives or parsley. Serve hot.

SWAPS & NOTES

Cauliflower: Choose a fresh, firm head of cauliflower.

You can use frozen cauliflower florets, but you might miss some of the roasted flavor (though you can still roast them from frozen, adding a bit more time).

Garlic: Don't be shy with the garlic!

Roasting entire heads of garlic makes it incredibly sweet and easy to squeeze out the cloves.

TIPS FOR SUCCESS

Roast Don't Boil: Roasting the cauliflower and garlic is crucial for the deep, sweet, complex flavors of this soup.

Boiling them will result in a much milder soup.

Mellow Roasted Garlic: Don't be afraid to use a lot of garlic for roasting!

It becomes incredibly sweet and loses its sharp bite.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/creamy-cheddar-cauliflower-roasted-garlic-soup-ultimate-comfort/>