

Cheesy Cauliflower and Ham Soup: A Comforting One-Pot Meal

There are a few key reasons why this recipe stands out and has become a staple in my household:



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30 min

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INGREDIENTS

- 1 head of cauliflower, chopped into small florets
- 1 onion, diced
- 2 cloves of garlic, minced
- 1 cup of diced ham
- 4 cups of chicken or vegetable broth
- 1 cup of milk
- 1 cup of shredded cheddar cheese
- 2 tablespoons of butter
- Salt and pepper to taste
- Optional toppings: crumbled bacon, chopped green onions, extra shredded cheese

DIRECTIONS

1. In a large pot, melt the butter over medium heat. Add the diced onion and minced garlic, and cook until the onion is translucent.
2. Add the chopped cauliflower and diced ham to the pot, and stir to combine with the onion and garlic.
3. Pour in the chicken or vegetable broth, and bring the mixture to a boil. Reduce the heat to low, cover the pot, and let it simmer for about 15 minutes, or until the cauliflower is tender.
4. Using an immersion blender or a regular blender, blend the soup until it reaches your desired consistency. I like to leave some chunks of cauliflower for texture, but you can blend it completely if you prefer a smoother soup.
5. Return the soup to the pot, and stir in the milk and shredded cheddar cheese. Let it simmer for a few more minutes until the cheese is melted and the soup is heated through.
6. Taste the soup and add salt and pepper as needed.
7. Serve the soup hot, and top with your desired toppings, such as crumbled bacon, chopped green onions, or extra shredded cheese.
8. Pro tip: If you don't have an immersion blender, you can use a regular blender to blend the soup in batches. Just be careful when blending hot liquids, and make sure to leave some space for steam to escape.

TIPS FOR SUCCESS

If you want to make this soup vegetarian, you can omit the ham and use vegetable broth instead of chicken broth.

For a creamier and thicker soup, you can add a few tablespoons of cream cheese or sour cream to the soup before blending.

If you don't have cheddar cheese, you can use any other type of cheese that melts well, such as Gouda or Swiss.

This soup can be easily doubled or tripled to serve a larger crowd.

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Original recipe: <https://chefmaniac.com/cheesy-cauliflower-and-ham-soup-a-comforting-one-pot-meal/>