Cauliflower and Zucchini Soup

Ingredients:

- 2 tsp Sunflower or Olive oil
- 1 large onion
- 2 cloves garlic, crushed
- 1 cauliflower head
- 4 zucchinis
- 1 litre stock (I use Massels Chicken Flavour stock powder)
- > 1/4 cup low fat milk

Directions:

- 1. Dice onion
- 2. Cut cauliflower into florets (approx. 3cm) and zucchini into large chunks
- 3. Heat oil in large pan on high heat
- 4. Reduce to medium heat, add onion and garlic and sauté for three minutes, stirring occasionally
- 5. Add cauliflower and zucchini and fry for two minutes, stirring occasionally
- 6. Add stock, stock should just cover vegetables
- 7. Bring to boil then reduce heat and simmer for 20 minutes or until vegetables are soft
- 8. Cool slightly
- 9. Blend soup using food processor or bar-mix. If blending you may need to do it in batches
- 10. Once soup is smooth, return to pan and stir in milk. Add more milk if you prefer a thinner consistency

ENJOY!

Variation:

Use any veggies. Try broccoli and cauliflower soup by substituting zucchini with broccoli

