



Cuisine Santé Cauliflower and Broccoflower Soup (Gluten Free)

YIELD 8 SERVING

Ingredients

1 qt Water, boiling
 1½ oz HACO-Swiss Cuisine Santé Chicken Stock
 ½ head Cauliflower
 ½ head Broccoflower
 1 oz Onions, chopped
 1 oz Extra Virgin Olive Oil
 1½ oz HACO-Swiss White Roux
 8 oz Heavy cream or Soy milk
 1 pinch Black pepper
 5 oz Wild rice, cooked

Preparation

Bring 1 qt of water to a boil with the Cuisine Santé Chicken Stock, add cauliflower and Broccoflower. In the meantime, sauté the chopped onions in Extra Virgin Olive Oil. Add Cuisine Santé White Roux to the boiling water and let cook for 3-4 minutes at high heat. Add the sautéed ingredients, wild rice. Cook at medium to high heat until tender or as desired and add heavy cream or soy milk and black pepper and stir occasionally.

Setting

Place soup in a serving dish and garnish as desired.

Specialty Ingredients

#723 HACO-Swiss Cuisine Santé Chicken Stock
 #730 HACO-Swiss Cuisine Santé White Roux
 Extra Virgin Olive Oil

Nutritional Information

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
		Total Fat 30g	45%	Total Carb. 19g
Serv. size 8 oz (227g)	Sat. Fat 12g	60%	Fiber 2g	8%
Servings 4	Trans fats 0g		Sugars 1g	
Calories 339	Cholest. 24mg	8%	Protein 4g	
Fat Cal. 271	Sodium 255mg	10%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	Vitamin A 0%	Vitamin C 45%	Calcium 4%	Iron 4%