

Cheesy broccoli & cauliflower soup

We're experiencing an extraordinarily early spring in Joburg, and with the change of season comes... the common cold! The children are feeling sickly at the moment and what better than a comforting and healthy bowl of soup to help them feel better?

I found this delicious [cheesy low-carb broccoli & cauliflower soup](#) recipe from [Kalyn's Kitchen](#) on Pinterest, and as a bonus it is low carb. I am trying to get back into eating healthily, with less carbs and grains, especially after our recent vacation!

Of course, I had to make the recipe my own by making a few adaptations! I recently bought a box of [Woolworths mushroom liquid stock concentrate](#) on special and thought the mushroom flavour would add a lovely meatiness to the soup. To make the recipe a little higher in fats I used cream instead of milk or "half and half", which we don't get in South Africa. I also doubled the recipe, but used about 2 1/2 cups of cheese, which still gave the soup a delicious cheesiness but did not make it overly stringy.

If you don't have a stick blender, do not fear! I use a food processor to puree my soups and find that it works well if I first strain off the liquid before adding the solids to the jug. I then add the liquid until the jug is fairly full and the soup purees easily, adding more liquid as required. If there is still liquid left over I empty the pureed soup back into the pot and give the remaining liquid a quick blitz in the jug before adding it back in the pot. Voila!

Adding the steamed broccoli at the end is highly recommended! I love to use our bamboo steamer for steaming broccoli to al

dente, I wish we had more broccoli for this, it definitely is the cherry on the top of this yummy soup.

As mentioned previously, I doubled Kalyn's recipe. If you prefer you can halve the recipe, I just prefer to freeze leftover soup for a quick meal when I don't have the time or don't feel like cooking!

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