Mock Potato Soup – I make this for a church soup-and-sandwich supper so it goes in a crock pot.

Ruth Poore

1 head cauliflower (I used two, although small, so I increased the cheese.)

1 onion

3 cups chicken broth (I use water and bullion, or soup base, which probably makes it saltier. I don’t add any salt, and I try to go easy on the bullion.)

3 slices thick bacon, diced [optional]

3 thick slices ham, diced [optional]

3 tablespoons butter (I didn’t use any.)

½ cup heavy cream (I didn’t use cream, but I put 2 cups Half and Half in at the end. In the past, when I think I need more liquid, I’ve used 2% milk or even skim milk. I kind of worried about the Half and Half, that it might not react well or curdle in the crock pot. It seemed to be OK, though.)

Salt and pepper to taste

Shredded cheddar cheese (I use Velveeta – maybe half a pound, depending on how it looks and tastes. When I use milk I use less cheese.)

I put about a quarter of the head of cauliflower through my onion dicer (I’m a gadget person.) and then cook it alone in either chicken broth or water. That way it doesn’t get pulverized in the blender later on and the soup has some texture. I also put the ham and/or bacon in last so it doesn’t get pulverized. You don’t need to, though. The recipe says to process it, meat and all.

Cook the rest of the cauliflower and onion in broth until tender. When cooked, put some of it in the blender (not too much so it doesn’t splash back, since it’s hot) with the butter, broth it was cooked in, cream or milk, and some cheese. Process until smooth. Continue with the cauliflower, broth, and cheese until all is processed (taste test as you go and add more or less cheese, to taste). If you’ve saved some diced cauliflower and meat, stir it in now.

That’s pretty much it. Enjoy.