

# Cauliflower Soup

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**7** REGULAR

**6** SOFT & BITE-SIZED

**5** MINCED & MOIST

**4** PUREED

**3** LIQUIDISED

Recommendations on this site are for food  
modification only.  
If you are level

**4** EXTREMELY THICK

for drinks, this recipe is too thin and not  
recommended. Speak with your Speech and  
Language Therapist for further advice.

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# Cauliflower Soup



## Shopping List

- 2 leeks – white part only, chopped
- 450g cauliflower florets
- 4 tablespoons full fat natural yogurt
- Seasoning to taste (salt, pepper, chilli powder, mustard powder)
- 1 tablespoon olive oil
- 600ml vegetable stock
- 2 tablespoons fresh dill, chopped



## Directions

1. Cook the leeks in the olive oil until soft
2. Add vegetable stock and cauliflower
3. Cover and simmer on low heat until cauliflower is tender
4. Blend the mixture until smooth and add the yogurt and spices
5. Serve warm