Cauliflower and White Bean Puree

**Cut this Recipe in Half During Class**

This puree can be made in bulk and frozen, or used as a base for soups or sauces.

<table>
<thead>
<tr>
<th>U.S.</th>
<th>Metric</th>
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</thead>
<tbody>
<tr>
<td>8 cups</td>
<td>2 L</td>
</tr>
<tr>
<td>1 medium</td>
<td>1 medium</td>
</tr>
<tr>
<td>1 (15 oz) can</td>
<td>425 g</td>
</tr>
<tr>
<td>1/4 tsp</td>
<td>1 g</td>
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**Preparation:**

1. Gather all ingredients and equipment.
2. Bring the stock or water to a boil in a medium pot.
3. Once the liquid is boiling, add in the cauliflower and simmer until fork tender.
4. While the cauliflower is cooking, put the beans into a blender or food processor and blend until it begins to get smooth.
5. Once cauliflower is cooked, remove it from the stock (reserve the stock), and transfer it to the blender with the beans. Add the nutmeg.
6. Puree the blend until smooth. If too thick, add the stock or water 1/4 cup (60 mL) at a time to reach a smooth consistency.
# Nutrition Facts

<table>
<thead>
<tr>
<th>Serving size</th>
<th>10 Servings</th>
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<tbody>
<tr>
<td>Amount per serving</td>
<td>10</td>
</tr>
</tbody>
</table>

## Calories
- **Calories**: 45
- **Calories from Fat**: 0

## Fat
- **Total Fat**: 0 g
  - Saturated Fat: 0 g
  - Trans Fat: 0 g
  - Monounsaturated Fat: 0 g

## Cholesterol
- **Cholesterol**: 0 mg

## Sodium
- **Sodium**: 140 mg

## Carbohydrate
- **Total Carbohydrate**: 10 g
  - Dietary Fiber: 3 g
  - Total Sugars: 1 g
- **Includes 0 g Added Sugars**

## Protein
- **Protein**: 3 g

## Vitamins
- **Vitamin D**: 0 %
- **Calcium**: 2 %
- **Iron**: 2 %

## Minerals
- **Potassium**: 176 mg
- **Phosphorus**: 26 mg