

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.

U.S.

8 cups

1 medium

1 (15 oz) can

1/4 tsp

Chicken or Vegetable Stock, or water

Cauliflower, cut into small florets

White Beans, such as Cannelini, drained and

Nutmeg

Metric

2 L

1 medium

425 g

1 g

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

10 Servings

Serving size 10

Amount per serving

Calories 45

Calories from Fat 0

Total Fat 0 g

Saturated Fat 0 g

Trans Fat 0 g

Monounsaturated Fat 0 g

Cholesterol 0 mg

Sodium 140 mg

Total Carbohydrate 10 g

Dietary Fiber 3 g

Total Sugars 1 g

Includes 0 g Added Sugars

Protein 3 g

Vitamin D 0 %

Calcium 2 %

Iron 2 %

Potassium 176 mg

Phosphorus 26 mg