Chilled Corn Cauliflower Soup

Jacob · 30/09/2024



Prep Time

4 hrs

Dificult

Medium

Servings

4 hrs 30 mins

Description

Enjoy the great taste of sweet corn on the cob with this delicious chilled soup theyll be asking for more of

Ingredients

— - 4 tablespoons canola oil - 2 cups chopped cauliflower florets - ¾ cup chopped onion - ¾ teaspoon salt
— divided - 4 cups frozen corn - 1 clove garlic
— minced - 3 cups Swanson® Chicken Broth

Instructions

1. Heat oil in a large saucepan over medium heat; add cauliflower
2. onions
3. and 1/4 teaspoon salt. Reduce heat to medium-low; cover. Cook until onions are softened
4. stirring occasionally
5. about 8 minutes. Add corn and garlic; cover. Cook 4 minutes; add Swanson® Chicken Broth and remaining 1/2 teaspoon salt. Increase heat to medium-high; bring to a boil. Remove from heat. Place half of corn mixture in a blender. Cover and hold lid down; pulse a few times before leaving on to blend. Blend until smooth. Repeat procedure with remaining corn mixture. Chill at least 4 hours. Serve chilled soup with your choice of garnishes. Cook's Note: You can serve this soup with a few drops of chimichurri sauce
6. a squeeze of lime juice
7. or some bacon bits. Allstars are loyal Allrecipes community members
8. selected to be brand ambassadors based on onsite participation
9. interest
10. and commitment. Allstars may be compensated for their participation in the Allrecipes Allstar program.