Microwave Sweet Cauliflower Soup

Serves 2
Cook Time: 21 minutes

From "The Cook-Zen Way to Eat: Microwaving Healthy and Delicious Meals in Minutes" by Machiko Chiba, Lake Isle Press, 2010

INGREDIENTS

- 1 small head cauliflower (about ¼ pound)
- 1 tablespoon butter
- 1 medium onion, finely chopped
- ½ Cook-Zen cup water
- 1 Cook-Zen cup heavy cream
- ⅔ Cook-Zen cup milk
- 2 teaspoons grated bouillon cube, any flavor
- Pinch of sugar

PREPARATION

1. Chop the cauliflower into florets. Place the florets in the Cook-Zen, cover, and heat on medium-high for 10 minutes with the steam holes set to "close." Remove the cauliflower from the Cook-Zen and set aside to cool.

2. Place the butter and onion inside the Cook-Zen. Cover and heat on medium-high for 3 minutes with the steam holes set to "close."

3. Place the cauliflower and onion in a food processor and blend until smooth. Place the cauliflower mixture and remaining ingredients in the Cook-Zen. Mix well, cover, and heat on medium-high for 4 to 5 minutes with the steam holes set to "close."

Dara O'Brien
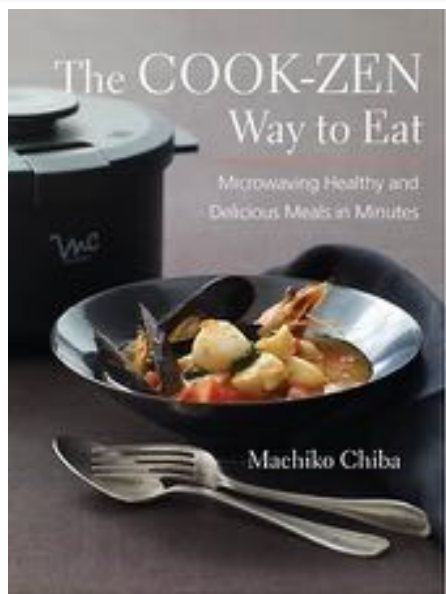
THE COOK-ZEN WAY TO EAT:
MICROWAVING HEALTHY AND DELICIOUS MEALS IN MINUTES
By Machiko Chiba

Machiko Chiba, author of the Cook-Zen Cookbook, returns with more incredible Cook-Zen recipes made in minutes. From international favorites such as Asian-Style Spareribs and Thai Green Curry Chicken to all-American classics such as Chili Con Carne, Classic Mashed Potatoes, and Barbecued Beans—entire meals can be made in just one pot.

Featuring many inspiring and elegant photographs plus simple step-by-step instructions for how to use the Cook-Zen, Machiko Chiba's microwave cook pot. Its patented design locks in moisture and distributes heat evenly, producing dishes you'd never dream of making in a microwave. Like a pressure cooker, the Cook-Zen pot reduces cooking times to mere minutes for healthy, delicious meals made simply and quickly.

Find out more: https://www.lakeislepress.com/books/the-cook-zen-way-to-eat

Buy the book: https://tinyurl.com/3rp9kv4r