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Corn, Potato, and Cauliflower Soup

*Source: healthyschoolsrecipes.com*

*Servings*

6

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| ***Ingredients***  1 lb Red Potatoes  1/2 Onion, *medium*  1/2 Garlic clove  1 1/2 Tbsp Olive oil  1 1/2 tsp Kosher salt  1/2 cup Cauliflower, *chopped* | 1/2 cup Corn, *fresh or frozen*  1 1/2 tsp Sage or Thyme, *chopped*  1 cup 2 Tbsp Water or corn stock  1/4 cup Low-fat milk  1/8 tsp Pepper, *ground* |

*Preparation*

1. Roughly chop potatoes. Place in a large bowl and cover with cold water.

2. Trim, peel and dice onions.

3. Trim, peel and chop garlic.

4. Cook the onions, oil and half of the salt in a large stockpot over low heat, stirring occasionally, until the onions are very soft, about 20 minutes.

5. Add cauliflower, corn, garlic and sage (or thyme, if using) to the pot and stir to coat. Cook, stirring occasionally, for 10 minutes.

6. Drain the potatoes and add to the pot along with water (or corn stock) and the remaining half of the salt to the pot. Bring to a boil and cook, stirring occasionally, until the potatoes are fork tender, about 20 minutes. Stir in milk and pepper. Keep warm on the stove.

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