

Cauliflower Cheese Soup

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NORLAND

This Cauliflower Cheese Soup is a perfect example of comfort food and sustainability, transforming a dish often left to dry out in the fridge to a silky, nourishing soup using minimal ingredients.



🕒 20 minutes

🍴 4 servings

Ingredients

400g leftover cauliflower cheese
1 onion or leek, diced
Cauliflower leaves/stems, diced
1 tbsp butter or oil
500ml vegetable or meat stock
½ tsp mustard (optional)
Salt and pepper
Extra cheese (optional)

Method

1. In a large pan, fry the onion/leek and cauliflower leaves/stems in butter or oil for 5 minutes until soft.
2. Add the leftover cauliflower cheese and break it up with a spoon.
3. Pour in the stock and simmer for 10 minutes.
4. Add mustard and any extra cheese scraps.
5. Blend until smooth and season to taste.

Serve with

Croutons made from stale bread
A drizzle of olive oil
Toasted nuts or seeds
Any leftover chopped herbs

Research from UK food waste charities shows that creamy vegetable dishes like cauliflower cheese are often left unfinished due to large batch sizes. Cheese and dairy ingredients have a high environmental impact. Turning leftover cauliflower cheese, and its often-wasted leaves and stalks, helps reduce food waste.