

# Mashed Cauliflower

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## Ingredients:

- 1 head of cauliflower
- 1 cup chicken broth
- 1/2 white onion, diced
- 2 cloves garlic, minced
- 1-2 green onions, chopped
- 1 tbsp butter
- 1/4 cup goat cheese (optional)

## Preparation:

1. Wash the cauliflower and cut into smaller chunks.
2. Put cauliflower, chicken broth, diced onion and garlic in a large pot. Bring to a boil. Reduce heat and cook until cauliflower is soft, approximately 20-30 minutes.
3. Using a potato masher, mash the cauliflower mix until it reaches a smooth consistency. If necessary, drain any excess liquid.
4. Add butter, goat cheese and green onions. Continue to mash until all ingredients are well mixed.

**Note:** 1 head of cauliflower serves approximately 4-6. Scale ingredients up depending on how many you are cooking for.