Creamy Cauliflower Potato Soup

Makes about 2 1/2 quarts

* 1 large head of cauliflower, cut into florets
* 2 large russet potatoes, peeled and cut into approx. 1 inch chunks
* 2 large carrots, peeled and sliced into approx. 1 inch slices (*basically, you just want all the veggies cut in pieces about the same size, so they'll cook evenly and get done at the same time)*
* 2 cans (14.5 oz.) chicken broth (*I used low sodium*)
* 1 and 1/2 cans water (*chicken broth can*)
* 2 teaspoons jarred minced roasted garlic
* 1 bay leaf
* 1 teaspoon salt
* 1/2 teaspoon celery salt
* 1/2 teaspoon sugar
* 1/8 teaspoon ground black pepper
* shredded parmesan cheese, for topping
* other toppings as desired, such as bacon, parsley, etc.

Combine all ingredients in a large pot and bring to a boil. Cover and simmer on low heat until vegetables are tender, about 15 minutes (you might want them "crisp tender" to eat, but in this case, we're going to put them in the blender, so we want them fork-tender).

Remove pot from heat. Remove the bay leaf and discard**.** Working in batches (half a blender container at a time), blend the soup just until smooth. Taste and correct for seasonings. At this point, you could add 3 or 4 tablespoons of cream, or a couple of tablespoons of butter or olive oil, if desired.

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