



CREAMY ROASTED CAULIFLOWER SOUP

By Dr. Cindy Tanzar
(Standard, Vegan/Vegetarian & Maintenance Plans)

Yet another way to eat cauliflower... and you will want to make this recipe often. Cream soups are so rich and filling and by roasting the cauliflower first, this soup provides an amazing depth of flavor. It's very easy way to add variety to your vegetable options. Serve with a side of chicken salad or roasted salmon, and you have a delicious meal!

This recipe yields 3-4 servings. One serving is 1-1/2 cups and covers your vegetable and fat for one meal.



INGREDIENTS

- 1 large head cauliflower (approx. 2 lbs), cut into small-to-medium sized florets.
- 4 Tbsp avocado oil, divided
- 1 medium red onion, chopped
- 2 garlic cloves, minced
- 4 cups (32 oz box) organic chicken or vegetable broth
- 2 Tbsp Kerry Gold butter (leave out for vegan)
- 1 Tbsp fresh lemon juice



Pink Himalayan salt & black pepper, to taste
1/4-1/3 cup organic heavy cream or coconut cream, to your liking
1/4 tsp nutmeg (optional)
Garnish with chives or sliced green onions

INSTRUCTIONS

Preheat oven to 425°F. On a large baking sheet, toss the cauliflower florets with 2 Tbsp avocado oil, salt and pepper. Roast until tender and caramelized – about 25-35 minutes, turning halfway.

While the cauliflower is roasting, heat a large pot on medium heat. Add the remaining 2 Tbsp of avocado oil, sautéing onion until soft and lightly browned, about 5-7 minutes. Add garlic and sauté for one minute. Add the broth.

Transfer the roasted cauliflower to the pot, bringing to a simmer for 20 minutes. Using an immersion blender, blend the soup in the pan until creamy and smooth. If you don't have an immersion blender, carefully transfer the soup to a blender, working in batches, if necessary. Do not fill past the maximum fill line!

Return to pan and add the butter, lemon juice and nutmeg (if using), mixing well. Add more salt and pepper, as needed.

You can either add the heavy cream now (starting with 1/4 cup) or leave the soup the way it is. If the soup is too thick for you, just add more broth to your liking.