

ROASTED CAULIFLOWER SOUP

Prep + Cook Time: 55 minutes
Servings: 4-6 servings

INGREDIENTS

1 head of cauliflower, cut into florets
1 red onion, diced and chopped
2 cloves of garlic, minced
4 cups of vegetable broth (or 1 carton)
Olive Oil
Salt and Pepper

*Hand Blender or Blender required

DIRECTIONS

1. Preheat the oven to 425 degrees F.
2. Cut your cauliflower into bite sized florets and place them in a single layer on a sheet pan. Drizzle olive oil on the cauliflower (enough to cover each floret) and salt and pepper to taste. Put it in the oven and let it bake/roast for 35 minutes.
3. Meanwhile, chop up the red onion and mince the two cloves of garlic. When the roasting is almost done (approx. 10 minutes to go), heat up olive oil in a dutch oven pot and saute the red onions until they become transparent (7-10 minutes).
4. Add the minced garlic, saute for one more minute.
5. Add the vegetable broth into the pot.
6. Take the roasted cauliflower out of the oven. Save the four best florets and set aside for garnishing (optional). Place the roasted cauliflower in the soup. Let the soup come to a boil. Then, lower the heat and allow the soup to simmer for 20 minutes.
7. Carefully ladle the soup into a blender and blend until creamy, light and frothy. Serve in bowls and add the saved florets as a garnish per bowl. (You can use a hand blender for this a well for a more rustic, chunky soup)

bon appetit