



CREAMY CAULIFLOWER SOUP

INGREDIENTS

- 1 large head cauliflower cut into bite-size florets (or 16 oz frozen)
- 2 tablespoons olive oil
- Table salt
- 1 medium onion, chopped
- 2 cloves garlic, finely chopped
- 4 cups vegetable broth
- 2 tablespoons butter
- 1 tablespoon lemon juice
- ¼ teaspoon ground nutmeg (optional)

EQUIPMENT

- Knife
- Cutting board
- Large saucepan
- Soup spoon
- Potato masher
- Blender (optional)

Servings: 4 bowls (2 cups each)

Prep Time: 15 min

Cook Time: 55 min

Total Time: 1 hr 10 min

Adapted from [Cookie + Kate](#)

DIRECTIONS

1. **Preheat the oven to 425 degrees F if roasting cauliflower. If steaming, frozen cauliflower works too! Or you can buy it fresh already chopped.**
 - **If roasting:** Arrange the cauliflower in a single layer on baking sheet, drizzle with oil, and sprinkle with salt. Bake until the cauliflower is tender and caramelized on the edges, 25 to 35 minutes.
 - **If steaming:** Add cauliflower to a microwave-safe bowl with a few tablespoons of water. Cover bowl loosely with a paper towel and steam in the microwave on high for 4 to 5 minutes; drain.
2. Once the cauliflower is almost done, in a soup pot, warm the 2 tablespoon oil over medium heat until simmering. Add the onion and ¼ teaspoon salt. Cook, stirring occasionally until the onion is softened, 5 to 7 minutes.
3. **Add the garlic and cook, stirring constantly, until fragrant, about 30 seconds, then add the broth.**
4. Transfer cauliflower to the pot. Increase the heat to medium-high and bring the mixture to a simmer, then reduce the heat as necessary to maintain a gentle simmer. Cook, stirring occasionally, for 20 minutes, to give the flavors time to meld.
5. **Once the soup is done cooking, remove the pot from the heat and let it cool for a few minutes. Add butter, lemon juice, and salt to taste.**
 - **Use a potato masher to make the soup creamy or eat as is.**
 - **If you have a blender carefully transfer the hot soup to a blender, working in batches if necessary. (Do not fill past the maximum fill line or the soup could overflow).**

