



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).**



FUN FACTS



Cauliflower

- Cauliflower is actually a flower that has not fully developed yet.
- It is rich in vitamin C, folate, and other antioxidants that help prevent cell damage!
- Cauliflower stays white because the protective leaves growing around the head shield it from the sun, preventing the formation of chlorophyll, and keeping the head from turning green. There are other colors of cauliflower too!
- Harvested in spring and fall.

Garlic

- Garlic is rich in phytochemicals, which are chemical compounds that help against cell damage.
- It may be small but it packs a mighty punch! Garlic is a great source of B vitamins, vitamin C, and essential minerals such as manganese, selenium, iron, copper, and potassium!
- Often planted in the fall and harvested in the summer.

