

ROASTED CAULIFLOWER SOUP



SERVING SIZE

4



INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Head Cauliflower (2 lb), Cut Into Bite-size Florets	1 Large	Low Sodium Vegetable Broth	4 Cups
Extra-virgin Olive Oil, Divided	3 Tbsp.	Fresh Lemon Juice	1 Tbsp.
Fine Sea Salt	To Taste	Ground Nutmeg	¼ Tsp.
Leek, Chopped	1 Medium	For garnish: Finely Copped Fresh Flat-leaf Parsley, Chives and/or Green Onions	2 Tbsp.
Garlic Cloves, Pressed or Minced	2		



PREPARATION

- Preheat your oven to 425°F (220°C).
- Toss the cauliflower florets with 2 tbsp. olive oil and a sprinkle of sea salt. Spread them in a single layer on a large baking sheet.
- Roast for 25–30 minutes, stirring halfway, until the florets are tender and caramelized on the edges.
- While the cauliflower is roasting, heat the remaining 1 tbsp. of olive oil in a large pot over medium heat.
- Add the chopped leek and a pinch of salt. Cook, stirring occasionally, until the leek is softened and turning golden, about 5–7 minutes. Add the garlic and cook for another minute, until fragrant.
- Add the roasted cauliflower to the pot along with the vegetable broth, lemon juice, and nutmeg. Stir to combine.
- Bring the mixture to a boil, then reduce the heat and simmer for 20 minutes to melt the flavors.
- Use an immersion blender to blend the soup directly in the pot, or transfer it to a blender in batches and blend until smooth.
- Taste and adjust the seasoning, adding more salt, lemon juice, or nutmeg as needed.
- Serve the soup hot, garnished with chopped parsley, chives, or green onions. Enjoy!