

roasted cauliflower soup



DIFFICULTY: easy
SPECIAL DIETS:
 vegan, gluten-free
YIELD: 6 servings

PREPARATION TIME:
 20 minutes
TOTAL COOKING TIME:
 1 hour 10 minutes

This recipe will convert even the fussiest vegetable-avoiding eaters. I need to make twice the amount of roasted cauliflowers because my family picks half of it off the baking sheet!

INGREDIENTS:

- 1 head cauliflower, cut in 1" steak slices
- 3 shallots, halved lengthwise (or 1 large onion cut in ½" slices)
- 6 cups vegetable stock (can sub in chicken stock)
- 3 medium potatoes
- 2 lemons, juiced (approx. 3tbsp)
- 1 tsp sambal oelek (or another chili sauce)
- extra virgin olive oil, salt, and pepper
- chives and sour cream for garnish and serving

PREPARATION:

- PREHEAT oven to 450°f
- ARRANGE sliced cauliflower and shallots on a foil-lined backing sheet
- DRIZZLE liberally with olive oil, season with salt and pepper
- ROAST 30 min, turn vegetables over, roast an additional 20 min
- REMOVE from oven and rough chop
- PEEL and DICE potatoes. SIMMER in soup pot while cauliflower and shallots roast
- ADD rough chopped cauliflower and shallots to soup pot, simmer until soft
- HAND MASH potatoes, cauliflower and shallots. ADD lemon juice and sambal oelek
- PUREE soup using a hand bender. SEASON with salt and pepper to taste.
- SERVE in bowls. GARNISH with chives and SERVE with sour cream. Enjoy!

NUTRITIONAL INFORMATION:

serving size = 2 cups (438g)

calories 163 | fat 7.2g | protein 3.6g | carbs 23g | sugars 5g | fiber 3.9g | cholesterol ~mg

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INGREDIENTS:

- 1 head cauliflower, cut in 3cm steak slices
- 3 shallots, halved lengthwise (or 1 large onion cut in 2cm slices)
- 1.5 litres vegetable stock (can sub in chicken stock)
- 3 medium potatoes
- 2 lemons, juiced (approx. 50mL)
- 5g sambal oelek (or another chili sauce)
- extra virgin olive oil, salt, and pepper
- chives and sour cream for garnish and serving

PREPARATION:

- **PREHEAT** oven to 450°F/230°C
- **ARRANGE** sliced cauliflower and shallots on a foil-lined backing sheet
- **DRIZZLE** liberally with olive oil, season with salt and pepper
- **ROAST** 30 min, turn vegetables over, roast an additional 20 min
- **REMOVE** from oven and rough chop
- **PEEL** and **DICE** potatoes. **SIMMER** in soup pot while cauliflower and shallots roast
- **ADD** rough chopped cauliflower and shallots to soup pot, simmer until soft
- **HAND MASH** potatoes, cauliflower and shallots. **ADD** lemon juice and sambal oelek
- **PUREE** soup using a hand blender. **SEASON** with salt and pepper to taste.
- **SERVE** in bowls. **GARNISH** with chives and **SERVE** with sour cream. Enjoy!

NUTRITIONAL INFORMATION:

serving size = 500mL (438g)

calories 163 | fat 7.2g | protein 3.6g | carbs 23g | sugars 5g | fiber 3.9g | cholesterol ~mg