Creamy Roasted Cauliflower Soup

Prep: 15 minutes | Cook: 55 minutes | Total: 1 hour 10 minutes

Yield: 4 servings | Serving Size: 2 cups

Ingredients

2 pounds cauliflower (about 2 small to medium heads or 1 large head), cut into bite-size florets

3 tablespoons olive oil, divided

¾ teaspoon salt, divided

1 medium onion, chopped (about 1 cup)

2 cloves garlic, minced (about 1 teaspoon)

4 cups (32 ounces) low-sodium vegetable broth

2 tablespoons unsalted butter

1-2 tablespoons lemon juice, to taste (about ½ lemon)

¼ teaspoon ground nutmeg

4 tablespoons (¼ cup) finely chopped fresh flat-leaf (Italian) parsley, chives, or scallion (green onion), divided

Directions

1. Preheat the oven to 425°F.

2. Toss the cauliflower with 2 tablespoons of the oil to coat, then sprinkle with ¼ teaspoon of the salt. Arrange the cauliflower in a single layer on a rimmed baking sheet.

3. Bake until the cauliflower is tender and browned on the edges, about 35-40 minutes, stirring after 20 minutes.

4. When there is about 10 minutes left on the cauliflower, heat a Dutch oven or large pot over medium heat. Add the remaining 1 tablespoon oil and heat until shimmering.

5. Add the onion and ¼ teaspoon of the salt. Cook, stirring occasionally, until softened, about 5-7 minutes.

6. Add the garlic and cook, stirring constantly, until fragrant, about 30 seconds, then add the broth and cauliflower.

7. Bring to a boil over high heat, then reduce the heat to a simmer. Cook, stirring occasionally, for 20 minutes.

8. Add the butter, lemon juice, nutmeg, and remaining ¼ teaspoon salt. Blend until smooth using an immersion (handheld) blender.

9. Garnish each serving with 1 tablespoon of the parsley, chives, or scallion and serve warm.

**Nutrition Facts Per Serving: Calories: 230 | Total Fat: 17 g | Saturated Fat: 5 g
Sodium: 580 mg | Total Carbohydrate: 17 g | Dietary Fiber: 6.5 g | Protein: 7 g**

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