

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 extra-virgin olive oil, divided
 $\frac{3}{4}$ teaspoon salt, divided
1 medium onion, chopped (about 1-1½ cups)
2 cloves garlic, minced (about 1-2 teaspoons)
4 cups (32 ounces) low-sodium vegetable broth
2 tablespoons unsalted butter
1-2 tablespoons fresh lemon juice, to taste
 $\frac{1}{4}$ teaspoon ground nutmeg
4 tablespoons finely chopped fresh flat-leaf 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 $\frac{1}{4}$ teaspoon of the salt. Arrange the cauliflower in a single layer on a rimmed baking sheet.
3. Bake until the cauliflower is tender and caramelized on the edges, about 35-40 minutes, stirring at the halfway point.
4. When there is about 10 minutes left on the cauliflower, heat a Dutch oven or stockpot over medium heat.
5. Add the remaining 1 tablespoon oil and heat until shimmering.
6. Add the onion and $\frac{1}{4}$ teaspoon of the salt. Cook, stirring occasionally, until softened, about 5 to 7 minutes.
7. Add the garlic and cook, stirring constantly, until fragrant, about 30 seconds, then add the broth and the cauliflower.
8. Increase the heat to medium-high and bring to a simmer, then reduce the heat to maintain a gentle simmer.
9. Cook, stirring occasionally, for 20 minutes.
10. Add the butter, lemon juice, nutmeg, and remaining $\frac{1}{4}$ teaspoon salt. Blend until smooth using an immersion (handheld) blender.
11. Portion the soup into four serving bowls and sprinkle each with 1 tablespoon of the parsley, chives, or scallion.
12. Serve warm, or cover and save for later. The soup will keep in the refrigerator for up to 4 days or up to 3 months in the freezer.

**Nutrition Facts Per Serving: Calories: 230 | Total Fat: 17 g | Saturated Fat: g
Sodium: 600 mg | Total Carbohydrate: 18 g | Dietary Fiber: 5 g | Protein: 5 g**

Adapted from CookieandKate.com | Submitted by Erin Vaillancourt
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