

Creamy Cauliflower & Carrot Soup

4 SERVINGS 30 MINUTES



INGREDIENTS

2 tbsps Extra Virgin Olive Oil
6 stalks Green Onion (chopped)
5 Carrot (medium size, chopped)
1 head Cauliflower (chopped into florets)
6 cups Water
2 tsps Dried Thyme
1/2 tsp Sea Salt
1/2 cup Parsley

NUTRITION

AMOUNT PER SERVING

Calories	137	Iron	2mg
Fat	8g	Vitamin D	0IU
Carbs	16g	Folate	117µg
Fiber	6g	Vitamin B12	0µg
Sugar	7g	Magnesium	46mg
Protein	4g	Zinc	1mg
Calcium	122mg	Selenium	1µg

DIRECTIONS

- 01 Heat the olive oil in a large stock pot over medium-low heat. Add the green onions and saute until softened. Add the carrot, cauliflower, water, thyme and salt. Cover the pot and bring to a boil. Once boiling, reduce to a simmer. Let simmer for 20 minutes then add in the parsley and stir until wilted. Turn off the heat.
- 02 Puree the soup using a blender or handheld immersion blender. (Note: If using a regular blender, be careful. Ensure you leave a space for the steam to escape.) Taste and adjust seasoning if needed. Ladle into bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days. Freeze for up to three months.

SERVING SIZE

One serving is roughly 2 1/2 cups.

MAKE IT FANCY

Roast up some leftover carrots and cauliflower and use as a garnish with pumpkin seeds.

ANTH-INFLAMMATORY

Add turmeric powder.

MAKE IT A MEAL

Stir in lentils, chickpeas or chicken.

GUT-HEALING

Make with bone broth instead of water. Adjust sea salt accordingly if the broth is salted.