

Creamy Cauliflower & Carrot Soup

8 ingredients · 30 minutes · 4 servings



Directions

1. 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.
2. 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

Make it Fancy

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

Anti-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.

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