

# Cauliflower Soup

*Adapted from Mary Shaw's recipe from the Whole Foods classes at Bastyr University*

**Servings: 4**

## Ingredients:

- 2 Tbl. canola oil
- 1 medium *onion*, diced
- 2 c. vegetable (or chicken stock)
- 1 c. "cashew-milk" (or 1 c. 2% milk)
- 1 medium head cauliflower (cleaned and cut into florets)
- $\frac{1}{4}$  tsp. cardamom
- $\frac{1}{8}^{\text{th}}$  tsp. nutmeg

## Directions:

1. Add oil to a large pan over medium heat, than add onions, then cauliflower. Continue cooking over medium heat for ~10-minutes.
2. Add stock, cover and cook until cauliflower is fork-tender.
3. Puree cauliflower/onion mixture in small batches, being sure to vent the blender lid. Return to pan.
4. "Cashew-milk": Add  $\frac{1}{2}$  cup water to blender, and  $\frac{1}{4}$  c. cashews (fresh roasted). Blend until as smooth as possible while adding another  $\frac{1}{2}$  c. of water.
5. Add "cashew-milk" and seasonings to pureed cauliflower. Heat about 5-minutes then serve immediately.

**I usually serve this with whole grain cheese toast.**

## Nutrition: Cashew version (Serving size: $1\frac{1}{4}$ cups)

calories: 206    protein: 8.4g    total carbohydrate: 17.9g    total fat: 12.8g  
sugars: 8.4g    sodium: 204mg    dietary fiber: 5.0g    saturated fat: 1.7g

## Nutrition: Milk version (Serving size: $1\frac{1}{4}$ cups)

calories: 187    protein: 9.1g    total carbohydrate: 18g    total fat: 10g  
sugars: 10.8g    sodium: 227mg    dietary fiber: 4.8g    saturated fat: 1.7g

Note: *the vegan version is what I do at home, using the vegetable stock and "cashew-milk"*