

Creamy Cauliflower Soup

Prep Time 20 mins

Total Time 45 mins

Meal Type Lunch,Dinner

Contributed By



Source [Living Plate](#)

Servings 8



Ingredients

lb,c g,ml

- 1 Tbs olive oil
- 1 sweet onion, *chopped* (large) see notes
- 4 cloves garlic, *minced*
- 3 Tbs chickpea miso or white miso
- 4 cup cauliflower, *chopped* (1 large head) see notes
- 1 Tbs lemon zest
- 1/2 cup cashews, raw
- 8 cup water
- 2 Tbs za'atar spice mix see notes
- 1 Tbs lemon olive oil optional

Directions

Prep

1. Chop onion.
2. Mince garlic.
3. Chop cauliflower into florets.
4. Zest lemon with a Microplane.

Make

1. In a large soup pot, heat olive oil over medium heat. Saute onion and garlic gently until soft and fragrant.
2. Add miso paste and stir to begin to coat onions.
3. Add cauliflower, lemon zest, cashews, and water. Stir to combine. Bring to a boil, then reduce to a simmer, until cauliflower is soft (15-20 minutes). Add additional water if necessary to keep cauliflower covered.
4. Remove from heat and let stand until cool enough to puree.
5. Puree soup in batched in a blender. (Be sure to secure the lid of the blender, steam from the soup can pop off the lid).
6. Season with salt to taste.
7. Ladle into bowls, sprinkle with za'atar blend and drizzle with lemon oil (if using).

Notes

Tips: If you do not have za'atar blend, create your own with equal parts dried thyme, ground cumin, marjoram, and sea salt. Use pre-chopped onions (produce or frozen section). Purchase pre-chopped cauliflower.

Each "~" indicates a missing or incomplete value.

Nutrition Facts

Calories 88

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 4.8g	7%	Total Carbohydrates 10g	3%
Saturated Fat 0.8g	3%	Dietary Fiber 2g	9%
<i>Trans</i> Fat N/A		Total Sugars 4g	
Cholesterol 0mg	0%		
Sodium 259mg	11%	Protein 3g	
Vitamin D 0mcg 0% · Calcium 49mg 4% · Iron 2mg 8% · Potassium 259mg 5%			

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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