



Cauliflower Soup

By Food52/Cooking by Hand

Ingredients:

- 3 Tbsp **coconut oil** or **olive oil**
- 1 **onion** (6 ounces, sliced thin), chopped
- 1 head **cauliflower** (about 1-1/2 pounds), cut up
- **salt** (to taste)
- 5 1/2 cups **hot water** (divided)
- **extra-virgin olive oil** (to taste)
- **ground black pepper** (to taste)

Method:

1. Warm the coconut oil (or olive oil) in a heavy-bottomed pan. Sweat the onion in the oil over low heat without letting it brown for 15 minutes.
2. Add the cauliflower, salt to taste, and 1/2 cup water. Raise the heat slightly, cover the pot tightly and stew the cauliflower for 15 to 18 minutes, or until tender. Then add another 4 1/2 cups hot water, bring to a low simmer and cook an additional 20 minutes uncovered.
3. Working in batches, purée the soup in a blender to a very smooth, creamy consistency. Let the soup stand for 20 minutes. In this time it will thicken slightly. (Resist the urge to add stock or other spices).
4. Thin the soup with 1/2 cup hot water. Reheat the soup. Serve hot, drizzled with a thin stream of extra-virgin olive oil and freshly ground black pepper.

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