



CAULIFLOWER SOUP

My mom makes this soup every winter. So simple, yet so tasty. While I haven't had much luck getting my mom's recipes to taste as good as when she makes them, this one has been a success. With just 5 ingredients and 1 pot, this soup is easy to make, inexpensive, and everyone loves it. It's also gluten and dairy free.

- 1 tablespoon unrefined coconut oil
- 1 small onion, roughly chopped
- 1 head of cauliflower, cut into florets
- 8 cups vegetable stock
- 3 small potatoes, roughly chopped (about 2 inches), do not peel - the majority of nutrients is in or close to the skin!
- salt and pepper to taste
- 30 minutes, serves 4

Heat up the oil in a pot over medium heat. Add the chopped onion. Sauté until translucent, about 3-5 minutes. Add the cauliflower and sauté another 3-5 minutes. Add the vegetable stock and chopped potatoes. Cook until potatoes are fork tender, about 15 minutes. Add soup to a blender or food processor to purée. Add salt and pepper to taste. Enjoy as is or top with a flavorful olive oil, pumpkin seeds or fresh herbs (try parsley or chives).

Will keep for 4 days. Does not freeze well.