

WHITE VELVET SOUP

1 head cauliflower, chopped
2 medium onions, chopped
1 head garlic, cloves peeled
2 cans white beans
2 cups water
2 cups vegetable stock
juice of 2 lemons
sea salt to taste
chopped flat leaf parsley
olive oil
smoked paprika

1. Preheat oven to 400°F.
2. Place cauliflower, onions, and garlic on a baking sheet. Drizzle with olive oil and sprinkle with sea salt. Place all veggies in oven. Bake for 30-40 minutes until everything has golden edges and is nicely caramelized.
3. Place cooked veggies, beans, water, and vegetable stock into large soup pot. Begin to heat thoroughly. Use immersion blender to puree soup in the pot. (If you do not have an immersion blender, you can blend the soup in batches). After soup is pureed, add juice of 2 lemons to brighten the flavor. Season with salt to taste preference.

Bonus: For each bowl of soup, combine 1 tsp. extra virgin olive oil with 1/8 tsp. smoked paprika and drizzle as a garnish (this is optional, but there is something very delicious about the mellow richness of the soup, with a slightly spicy and smoky accent). Garnish with chopped parsley if desired.

Adapted from Green Kitchen Stories

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