

Creamy Roasted Cauliflower Soup

Oshkosh Community YMCA

This cauliflower soup recipe is the best! Roasted cauliflower makes it taste amazing, and a little butter (instead of cream) makes it luxuriously creamy.

INGREDIENTS:

- 1 large head cauliflower (about 2 pounds), cut into bite-size florets
- 3 tablespoons extra-virgin olive oil, divided
- Fine sea salt
- 1 medium red onion, chopped
- 2 cloves garlic, pressed or minced
- 4 cups (32 ounces) vegetable broth
- 2 tablespoons unsalted butter
- 1 tablespoon fresh lemon juice, or more if needed
- Scant ¼ teaspoon ground nutmeg
- For garnish: 2 tablespoons finely chopped fresh flat-leaf parsley, chives and/or green onions



INSTRUCTIONS:

1. Preheat the oven to 425 degrees Fahrenheit. If desired, line a large, rimmed baking sheet with parchment paper for easy cleanup.
2. On the baking sheet, toss the cauliflower with 2 tablespoons of the olive oil until lightly and evenly coated in oil. Arrange the cauliflower in a single layer and sprinkle lightly with salt. Bake until the cauliflower is tender and caramelized on the edges, 25 to 35 minutes, tossing halfway.
3. Once the cauliflower is almost done, in a Dutch oven or soup pot, warm the remaining 1 tablespoon olive oil over medium

heat until simmering. Add the onion and ¼ teaspoon salt. Cook, stirring occasionally, until the onion is softened and turning translucent, 5 to 7 minutes.

4. Add the garlic and cook, stirring constantly, until fragrant, about 30 seconds, then add the broth.
5. Reserve 4 of the prettiest roasted cauliflower florets for garnish. Then transfer the remaining cauliflower to the pot. Increase the heat to medium-high and bring the mixture to a simmer, then reduce the heat as necessary to maintain a gentle simmer. Cook, stirring occasionally, for 20 minutes, to give the flavors time to meld.
6. Once the soup is done cooking, remove the pot from the heat and let it cool for a few minutes. Then, carefully transfer the hot soup to a blender, working in batches if necessary. (Do not fill past the maximum fill line or the soup could overflow!)
7. Add the butter and blend until smooth. Add the lemon juice and nutmeg and blend again. Add additional salt, to taste (I usually add another ¼ to ¾ teaspoon, depending on the broth). This soup tastes amazing once it's properly salted! You can also add a little more lemon juice, if it needs more zing. Blend again.
8. Top individual bowls of soup with 1 roasted cauliflower floret and a sprinkle of chopped parsley, green onion and/or chives. This soup keeps well in the refrigerator, covered, for about four days, or for several months in the freezer.

NUTRITION

Serves 4

Amount Per Serving	
Calories	226
% Daily Value*	
Total Fat 17g	22%
Saturated Fat 5.4g	
Trans Fat 0g	
Polyunsaturated Fat 1.4g	
Monounsaturated Fat 9.3g	0%
Cholesterol 15.3mg	5%
Sodium 1021.2mg	44%
Total Carbohydrate 18.1g	7%
Dietary Fiber 5.3g	19%
Sugars 7.7g	
Protein 5g	10%
Vitamin A5%	
Vitamin C127%	

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.

Like what you tried? Email us at katieConklin@oshkoshymca.org

Recipe source <https://cookieandkate.com/creamy-roasted-cauliflower-soup-recipe/>