



**BRAIN
HEALTHY
COOKING**
program

Soup

Creamy Roasted Cauliflower Soup



Ingredients

- 1 head of cauliflower
- 1 medium sized potato
- 1 TBSP extra virgin olive oil
- ½ TSP nutmeg
- 4 CUPS vegetable stock
- ½ TSP pepper

Serves 4-6

Directions

1. **Preheat** oven to 400 degrees
2. **Remove** florets from the head of cauliflower, discard the tough core
3. **Peel** and cut the potato into 1½ inch chunks
4. **Toss** the cauliflower and potatoes with one tablespoon of extra virgin olive oil and spread out on a cookie sheet
5. **Bake** for 10-12 minutes or until slightly brown
6. **Remove** the vegetables from the oven and add to a medium sized pot on medium heat
7. **Add** the stock and bring to a boil
8. **Cook** until the potatoes and cauliflower are tender, about 7-10 minutes
9. Use an immersion blender to **puree** the soup or add in small batches to a blender and puree until the soup is smooth
10. **Stir** in nutmeg and pepper and serve!

