



ROASTED CAULIFLOWER SOUP

YIELD: 6 SERVINGS PREP TIME: 15 MINUTES COOK TIME: 55 MINUTES
TOTAL TIME: 1 HOUR 10 MINUTES

You will not believe that this is actually cauliflower soup! It is so creamy, so comforting, and packed with so much flavor with healthier ingredients!



INGREDIENTS:

- 1 head garlic
- 4 tablespoons olive oil, divided
- Kosher salt and freshly ground black pepper
- 2 heads cauliflower, cut into florets
- 1 onion, diced
- 5 cups vegetable stock
- 3 fresh thyme sprigs
- 1 bay leaf
- 1/2 cup heavy cream

DIRECTIONS:

1. Preheat oven to 425 degrees F. Lightly oil a baking sheet or coat with nonstick spray.
 2. Cut head of garlic, about 1/4-inch, to expose tops of garlic cloves. Place garlic head, cut side up, in a sheet of foil. Drizzle with 1 tablespoon olive oil; season with salt and pepper, to taste. Fold up all 4 sides of the foil and cover tightly.
 3. Place cauliflower florets in a single layer onto the prepared baking sheet. Add 2 tablespoons olive oil; season with salt and pepper, to taste. Gently toss to combine. Place garlic onto the baking sheet.
 4. Place into oven and roast until cauliflower and garlic is tender and golden brown, about 30-35 minutes. Let cool before squeezing cloves from skin.
 5. Heat remaining 1 tablespoon olive oil in a large stockpot or Dutch oven over medium heat. Add onion, and cook, stirring occasionally, until tender, about 3-4 minutes. Stir in vegetable stock, thyme and bay leaf. Bring to a boil; reduce heat and simmer, covered, for 5 minutes.
 6. Stir in cauliflower and garlic. Bring to a boil; reduce heat and simmer, covered, until cauliflower is tender and falling apart, an additional 10 minutes. Puree with an immersion blender until desired consistency is reached.
 7. Stir in heavy cream; season with salt and pepper, to taste. If the soup is too thick, add more vegetable stock as needed until desired consistency is reached.
 8. Serve immediately.
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