

# Cream of Cauliflower Soup



**PREP TIME:**  
20 MINUTES

**COOK TIME:**  
10 MINUTES

**TOTAL TIME:**  
30 MINUTES

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Recipe type: Gluten Free / Dairy Free / Vegan

Yield: 4-6 Servings

## Ingredients:

- 2 TBSP Olive Oil – *additional for drizzle if desired*
- 2 TBSP Vegan Butter
- 3/4 of Large Red Onion – Diced (*reserve 1/4 cup*)
- 3-4 Cloves of Garlic – Minced
- 2 1/2 - 3 Cups of Cauliflower Florets
- 1 Teaspoon Dried Thyme
- 3 Cups Organic Vegetable Broth
- 1/2 Cup Coconut Cream
- 1/2 of a Lemon – Juiced
- 1 Teaspoon Sea Salt
- Cracked Black Pepper to Taste
- 4-6 Basil Leaves – *additional for topping if desired*

## Instructions:

1. Place cauliflower in steam pan and steam until cooked through and soft – about 7-10 minutes.
2. While the veggies are steaming, in a medium sauté pan, add 2 TBSP olive oil and heat on medium. Add onion and cook 3-5 minutes. Season with pinch of salt.
3. Add in garlic and cook another minute. Remove from heat.
4. Add the cauliflower, garlic, onion, vegan butter, thyme, vegetable broth, coconut cream, lemon, salt, pepper, and basil to a blender. Puree until becomes a creamy texture.
5. Pour into a medium size soup pot and allow to cook through 10 minutes before serving.

***Optional: Sauté the remaining red onion in a TBSP of olive oil until becomes crispy. Top each soup with a few sprinkles of crispy onion, drizzled with olive oil and a sprig of basil.***

**\*Try and use all organic ingredients if possible.**