

Whipped Roasted Cauliflower and Onion Soup

This the season for...Soup!

Once the thermometer drops below 40 F (4 C), my body (and belly) starts to think comfort before anything else. It's hard to hear the word 'comfort' when associated with food and *not* think of super-rich, decadent dishes. So let's take a minute to dissect what it is that we mean when we say *comfort food*.

Comfort comes from a desire to be soothed in whatever way we yearn; be that warmed when we are cold, satisfied when we are hungry or settled when we are feeling ill. Nothing touches all those needs for me like a cozy bowl of soup!

Especially Whipped Roasted Cauliflower & Onion soup. It's thick, creamy and satisfying AND only requires 5 ingredients. What is better than that for a chilly, winter night?

Ingredients:

1 medium head cauliflower
1 medium white onion
1 Tbsp./15 ml. extra virgin olive oil
1/2 tsp. fresh or dried thyme
1/2 tsp. fresh grated nutmeg
Sea salt and pepper, to taste
1 cup/250 ml. low-sodium vegetable stock

Directions:

- 1.) Preheat the oven to 450 F/ 230 C.
- 2.) Roughly chop the cauliflower and dice onion into 1 inch/2.5 cm. pieces.
- 3.) Line baking sheet with parchment paper and spread cauliflower and onion evenly. Drizzle with olive oil, thyme, nutmeg and a hefty pinch of salt and pepper and toss everything to coat.
- 4.) Bake for about 35-45 minutes, tossing halfway through, until they are fully roasted and lightly browned on the edges.
- 5.) Allow cauliflower and onions to cool slightly. *For chunky soup, reserve 1 cup roasted mixture in separate bowl.*
- 6.) When the cauliflower is cool to touch, using a blender, food processor or immersion blender, add cauliflower and onions. Add 1/2 broth and process until smooth. Add additional broth until soup is at desired thickness.
- 7.) Add puree to medium saucepan and warm.
- 8.) Serve warm and top with roasted vegetables, avocado, or any veggie of choice if desired!



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