

Roasted Cauliflower Soup

Makes: 8 servings



Total Time: 60 minutes

Ingredients:

- 1 medium onion, quartered
- 3 gloves garlic, smashed
- 1 large head cauliflower or 2 small heads, broken into large pieces
- 4-5 Tbsp. D'Avolio Tuscan Herb Infused Oil, plus more for serving
- 4 cups low-sodium or homemade chicken stock
- 1 large Russet potato, peeled and chopped
- Black pepper and salt to taste
- Toppings such as croutons, fresh herbs, grated parmesan cheese, optional

PREPARATION

1. **In a single layer**, arrange onion, garlic, and cauliflower on large baking sheet, use two trays if needed. Drizzle with D'Avolio Tuscan Herb Infused Oil and roast vegetables at 350 degrees for about 50 minutes, or until cauliflower is golden brown and onions and garlic are very soft.
2. **Meanwhile**, in a large pot, bring chicken stock and chopped potatoes to a boil. Cook potato until soft but not too mushy. Turn off heat and carefully add roasted vegetables into the pot. Working in batches, puree soup in a blender until very smooth. Return to the stove and gently re-heat, adjusting salt and pepper to taste and adding more liquid if you prefer a thinner soup. To serve, drizzle with D'Avolio Tuscan Herb Infused Oil and top with croutons, fresh herbs, freshly ground pepper, or parmesan cheese.

Nutrition: 182 calories; 13g fat (2g saturated fat); 15g carbohydrates; 5g protein; 3g fiber; 169mg sodium