



Cauliflower & Leek Soup

INGREDIENTS:

1 TBS. Coconut Oil
1 onion, medium dice
2 cloves garlic, minced
¼ tsp. ground chili
1 cauliflower
2 leeks, white part only, sliced, washed
4 cups of stock – can be vegetable or chicken
1 TBS. lemon juice
Sea Salt and Pepper to taste
Garnish: Sliced green onions, green parts only, and toasted almond slivers

DIRECTIONS:

In a large soup pot, sauté the onions and leeks in the coconut oil.

Meanwhile, prepare the cauliflower by cutting away the core and leaves. Florets should be large, but not too large. Cut in half or quarters if needed.

Add to soup pot and cook briefly.

Add in stock, bring to a boil, reduce heat, and then simmer until cauliflower is fork tender.

** I used a hand-held blender to puree the soup. For a creamier consistency use a blender or Vitamix or something comparable.

Strain liquid from vegetables. Add just enough liquid to blender to puree. Adjust the consistency with the remaining liquid.

Return to pot, add in lemon juice, and adjust seasoning with salt and pepper.

Garnish.