



## 'CREAM' OF CAULIFLOWER, BUTTERNUT SQUASH, & WALNUT SOUP w/HAM RIBBONS

### **INGREDIENTS:**

1/2 medium cauliflower

\*\*1/2 roasted butternut squash \*\*

1/2 onion, medium dice

1/4 cup walnuts, plus a little extra for garnish

2 cups chicken or vegetable stock

2 cups of almond milk

Salt and Pepper, to taste

Paprika for garnish

\*\*Ham, sliced thin, rolled, and then sliced again to produce RIBBONS

### **DIRECTIONS:**

In a soup pot/stock pot, sauté onions in a little water until translucent.

While the onions are sautéing, prepare you cauliflower by trimming off outer leaves, and breaking into florets. Add this to the onions.

Add in the squash, walnuts, stock and milk. Bring it to a boil, reduce the heat, and simmer for about 15 minutes until the cauliflower is fork tender.

Once the cauliflower is tender, you can either blend using a hand-blender, or a traditional blender until creamy. Adjust the seasoning with salt and pepper.

Ladle into bowls and garnish with a sprinkle of paprika, some chopped walnuts, and the ham ribbons.

\*\* I just happened to have had half a butternut squash leftover from the previous night, so I opted to use it. This recipe would work really well without it. You could use a WHOLE head of cauliflower if you have it available instead.

\*\*On the ham - my son doesn't like soup that has no diversity in the mouth feel. I had to add something else to sort of switch it up a bit, and I happened to have had some ham on hand so I made ham pasta-like ribbon noodles. This would have been delicious and VEGETARIAN without.