Silky Cauliflower Soup
*Yield: Six 6 oz. portions*

**Ingredients**
- ¾ head of cauliflower
- 2 Tbsp. olive oil
- 1 small onion, chopped
- 1 tsp. minced garlic
- 2 ½ cups vegetable stock
- ¼ cup grated Parmesan cheese
- Salt and pepper

**Instructions**
1. Heat olive oil in pot and sauté onions and garlic. Cook until softened but not browned.
2. Add cauliflower and vegetable stock. Bring to a boil and then reduce heat to a simmer.
3. Simmer until cauliflower is very soft, about 15 minutes.
4. Remove from heat and puree until smooth.
5. Add Parmesan cheese. Stir and season with salt and pepper.