



## **Silky Cauliflower Soup**

*Yield: Six 6 oz. portions*

### **Ingredients**

$\frac{3}{4}$  head of cauliflower  
2 Tbsp. olive oil  
1 small onion, chopped  
1 tsp. minced garlic  
2  $\frac{1}{2}$  cups vegetable stock  
 $\frac{1}{4}$  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.