

Creamy Cauliflower Soup

Ingredients (makes 8 servings)

- 1 large cauliflower
- 2 large zucchini
- 1 clove garlic
- 1 small onion
- 2 celery stalks
- 2 T. ghee or butter
- 2 cups chicken broth or vegetable stock
- 2 cups water
- 1 t. fresh thyme, plus extra for garnish
- ½ t. onion powder
- sea salt and pepper to taste
- 1 cup heavy cream
- 4 T. extra virgin olive oil (optional)
- Smoked paprika, if desired



Directions:

1. Wash the vegetables.
2. Remove the green parts of the cauliflower.
3. Peel the onion and garlic.
4. Heat the ghee over medium to high heat in a large saucepan.
5. Chop the onion and garlic finely and sauté until translucent.
6. Add chopped cauliflower, zucchini, celery, and seasonings.
7. Add broth and water and bring to the boil.
8. Place a lid on the saucepan and reduce to a simmer.
9. Cook until vegetables are soft, for about 15 minutes.
10. Remove from heat and use an immersion mixer to puree until smooth.
11. Add cream and return to heat until heated through.
12. Serve with a drizzle of olive oil (about 1/2 tablespoon per serving) and a sprig of thyme.
13. Store in refrigerator, in a covered container, for up to 5 days or freeze in single serve portions.