



Cauliflower Soup

2 TBSP olive oil

1 onion, chopped

4 cloves garlic, minced

1/2 tsp red pepper flakes (Go easy if you can't stand the heat! I use a full teaspoon, but cut it in half so you don't hate me.)

1 head of cauliflower, roughly chopped

4 cups vegetable stock

2 TBSP flaxseed and/or hempseed (optional, but great if you are in the habit of adding the omega rich seeds when cooking)

salt & pepper

2 TBSP Parmesan cheese, grated

Tools: Immersion Blender or Blender

In a saucepan, heat the oil over medium heat. Add the onion and cook until softened, about 10 minutes. Add the garlic, cauliflower, and red pepper flakes. Stir until the cauliflower begins to tender, about 5 - 10 minutes. Add the vegetable stock and simmer until the cauliflower is soft. Remove from heat, add the flax and/or hempseed, salt and pepper. With an immersion blender, process the cauliflower until the soup is thick and there are no large remaining pieces of cauliflower.

Ladle into soup bowls and garnish with Parmesan cheese.