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## Cauliflower Soup

By Gemalli Austin, DrPH, RD

Prep Time	Cook Time	Total Time	Servings
10	30	40	4

### Ingredients

- 1 cup onion, chopped
- 1 cup leek or scallions
- 1/8 teaspoon crushed red pepper
- 4-6 garlic cloves, minced
- 4 cups low sodium vegetable broth
- 2 1/2 cups water
- 1 cup chopped potatoes
- 1 large head of cauliflower, chopped
- 1/2 cup cashews, well blended in 1 cup water

### Instructions

1. Saute onion and leeks in water until translucent.
2. Add crushed red pepper and garlic. Saut  for a few more minutes
3. Add vegetable stock, water, salt and potatoes. Bring to boil.
4. Add chopped cauliflower. Simmer until tender (about 15 minutes).
5. Blend cashews and water. Add to soup and season to taste.

### Bonus Tips

- Watch the sodium content on your vegetable broth.
- You can substitute the vegetable broth by using 4 cups of water mixed with 4 tablespoons of chicken seasoning.
- Soak the cashews in water overnight for a smoother texture.

### Check it Out

- Gluten free
- Corn free