

Foodnity Recipes

Quick Cauliflower Soup

A healthy, dairy-free cauliflower soup made in a blender for a smooth, creamy finish without the heavy cream.

10 min Prep time	**20 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 medium head of cauliflower, cut into florets
- [ ] 1 medium onion, diced
- [ ] 3 cloves garlic, minced
- [ ] 4 cups vegetable broth
- [ ] 2 tbsp olive oil
- [ ] 1/2 tsp salt (or to taste)
- [ ] 1/4 tsp black pepper

For the Creaminess & Finish

- [ ] 2 tbsp nutritional yeast
- [ ] 1 tbsp lemon juice
- [ ] Fresh parsley for garnish

Instructions

1. Heat the olive oil in a large pot over medium heat. Add the diced onion and sauté for about 5 minutes until soft and translucent.
2. Stir in the minced garlic and cook for just another minute. Be careful not to let it brown too much, or it'll get bitter.
3. Add the cauliflower florets to the pot. Stir them around to coat in the oil and let them cook for 5 minutes, occasionally stirring.
4. Pour in the vegetable broth and add salt and pepper. Bring it to a boil, then turn the heat down to low, cover, and simmer for 15-20 minutes until the cauliflower is tender.
5. Carefully transfer the soup to a blender (or use an immersion blender). Add the nutritional yeast and lemon juice.
6. Blend on high until the soup is completely smooth and velvety. Taste it and adjust the salt or lemon if needed.
7. Pour the soup back into the pot to warm through if needed, then ladle into bowls and garnish with fresh parsley.

Nutrition per serving

145 kcal	6 g	16 g	7 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the soup feels too thick, just stir in a bit more broth or water until it's exactly how you like it.
- For a richer version, you can stir in a dollop of vegan cream or coconut milk right before serving.
- Make sure to let the soup cool slightly before blending to prevent the steam from pushing the blender lid off.