



# Creamy Roasted Cauliflower Soup

Prep: 15 minutes | Cook: 55 minutes | Total: 1 hour 10 minutes

Yield: 4 servings | Serving Size: 2 cups

## Ingredients

2 pounds cauliflower (about 2 small to medium heads or 1 large head), cut into bite-size florets  
3 tablespoons olive oil, divided  
 $\frac{3}{4}$  teaspoon salt, divided  
1 medium onion, chopped (about 1 cup)  
2 cloves garlic, minced (about 1 teaspoon)  
4 cups (32 ounces) low-sodium vegetable broth  
2 tablespoons unsalted butter  
1-2 tablespoons lemon juice, to taste (about  $\frac{1}{2}$  lemon)  
 $\frac{1}{4}$  teaspoon ground nutmeg  
4 tablespoons ( $\frac{1}{4}$  cup) finely chopped fresh flat-leaf (Italian) parsley, chives, or scallion (green onion), divided

## Directions

1. Preheat the oven to 425°F.
2. Toss the cauliflower with 2 tablespoons of the oil to coat, then sprinkle with  $\frac{1}{4}$  teaspoon of the salt. Arrange the cauliflower in a single layer on a rimmed baking sheet.
3. Bake until the cauliflower is tender and browned on the edges, about 35-40 minutes, stirring after 20 minutes.
4. When there is about 10 minutes left on the cauliflower, heat a Dutch oven or large pot over medium heat. Add the remaining 1 tablespoon oil and heat until shimmering.
5. Add the onion and  $\frac{1}{4}$  teaspoon of the salt. Cook, stirring occasionally, until softened, about 5-7 minutes.
6. Add the garlic and cook, stirring constantly, until fragrant, about 30 seconds, then add the broth and cauliflower.
7. Bring to a boil over high heat, then reduce the heat to a simmer. Cook, stirring occasionally, for 20 minutes.
8. Add the butter, lemon juice, nutmeg, and remaining  $\frac{1}{4}$  teaspoon salt. Blend until smooth using an immersion (handheld) blender.
9. Garnish each serving with 1 tablespoon of the parsley, chives, or scallion and serve warm.

**Nutrition Facts Per Serving: Calories: 230 | Total Fat: 17 g | Saturated Fat: 5 g  
Sodium: 580 mg | Total Carbohydrate: 17 g | Dietary Fiber: 6.5 g | Protein: 7 g**

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