



**BRAIN HEALTHY
COOKING**

Soup

Creamy Roasted Cauliflower Soup



Ingredients

- 1 head of cauliflower**
- 1 medium sized potato**
- 1 TBSP extra virgin olive oil**
- ½ TSP nutmeg**
- 4 CUPS vegetable stock**
- ½ TSP pepper**

Makes 4-6 Servings

Directions

1. Preheat oven to 400 degrees
2. Remove florets from the head of cauliflower, discard the tough core
3. Peel and cut the potato into 1½ inch chunks
4. Toss the cauliflower and potatoes with one tablespoon of extra virgin olive oil and spread out on a cookie sheet
5. Bake for 10-12 minutes or until slightly brown
6. Remove the vegetables from the oven and add to a medium sized pot on medium heat
7. Add the stock and bring to a boil
8. Cook until the potatoes and cauliflower are tender, about 7-10 minutes
9. Use an immersion blender to puree the soup or add in small batches to a blender and puree until the soup is smooth
10. Stir in nutmeg and pepper and serve!

