



# CREAMY CAULIFLOWER AND RUTABAGA SOUP

## MAKES 6 SERVINGS

### Ingredients:

- 1 Tbsp olive oil
- 1 medium head of cauliflower, cut into florets
- 1 medium rutabaga, peeled and cut into small chunks
- 1 medium sweet onion, diced
- 2 celery stalks, diced
- 1 clove garlic, minced
- 3 c low sodium vegetable broth
- 3 c low sodium chicken broth
- ½ c coconut milk
- 1 tsp sea salt
- ½ tsp ground pepper

### Directions:

Heat olive oil in large sauce pan over medium heat. Add onion and celery and sauté until soft.

Add garlic and cook until tender (about 5 minutes). Add rutabaga, cauliflower, broth, salt, and pepper. Bring to a boil, then reduce heat and simmer for 20-25 minutes until cauliflower and rutabaga are tender.

Remove pan from heat. Blend until smooth using an immersion blender. Alternatively, allow the soup to cool, then blend small batches in an upright blender. Return blended soup to pan, stir in coconut milk, and re-heat.

Serve warm. This soup can also be frozen.