

SOUPS

Creamy Cauliflower and Rutabaga Soup

Makes 6 servings · about 1¼ cups each

SATIETY SCORE 3 / 5	NUTRITION HIGH
Per serving (approx.): Protein 3 g · Fiber 4 g · Calories 110	

Ingredients

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

Directions

1. Heat the olive oil in a large saucepan over medium; sauté the onion and celery until soft, then add the garlic and cook about 5 minutes.
2. Add the rutabaga, cauliflower, broth, salt, and pepper. Bring to a boil, then simmer 20–25 minutes, until tender.
3. Blend until smooth with an immersion blender (or in batches).
4. Stir in the coconut milk, reheat, and serve warm.

Note: This soup can also be frozen.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

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Check off what you need — items are grouped by store section.

PRODUCE

- ☐ 1 medium sweet onion
- ☐ 2 celery stalks
- ☐ 1 clove garlic
- ☐ 1 medium rutabaga and small chunks
- ☐ 1 medium head cauliflower florets

DAIRY & EGGS

- ☐ ½ cup coconut milk

PANTRY & DRY GOODS

- ☐ 3 cups vegetable broth
- ☐ 3 cups chicken broth

CHECK YOUR PANTRY

- ☐ Olive oil
- ☐ Salt
- ☐ Black pepper