



# Creamy Roasted Garlic & Cauliflower Soup

**Servings**

4

**Calories**

220

**Prep Time**

15 Minutes

**Total Time**

1 hour

**Skill Level**

Medium

## Ingredients

2 (10 ounces) packages Mann's Cauliflower

4 cloves garlic, peeled

4 tablespoons olive oil, divided

1 teaspoon pepper

1 ½ teaspoon salt

1 onion, medium, chopped

3 cups chicken stock

½ cup half and half



## The Method

Preheat oven to 425° F. In a large bowl, toss cauliflower with 2 tablespoons of olive oil, 1 teaspoon of salt and pepper. Wrap garlic cloves in foil. Place cauliflower and garlic on a large baking sheet in a single layer and roast for 15–20 minutes, until browned and slightly tender.

Meanwhile: Cook onions with remaining olive oil in a pan over medium-high for 6 minutes, or until fragrant.

In batches blend roasted cauliflower, garlic, onion and chicken stock until pureed. In a large pot combine pureed mixture, ½ teaspoon of salt, and half and half. Bring to a low boil, then reduce heat and simmer covered for 15 minutes. Serve and enjoy!

**Substitutions/Dietary Restrictions:** This recipe is gluten-free. For vegetarian use vegetable stock, and for vegan omit half and half.

### Nutrition Facts

Serving Size: 409g | Servings: 4

### Amount Per Serving

Calories 220 | Calories from Fat 150 | Total Fat 17g (sat fat 4g trans 0g) | Cholesterol 10mg | Sodium 1320mg | Total Carbohydrate 14g |

Dietary Fiber 4g | Sugars 5g | Protein 5g | Vitamin A 2% | Vitamin C 120% | Calcium 8% | Iron 4%