

Cauliflower Leek Soup

Ingredients:

Serves: 4

large cauliflower, trimmed of stalk and chopped into florets
leeks, whites only, chopped
tbs. coconut oil
garlic cloves, minced
c. chicken or vegetable stock
c. coconut milk
reserved ½ c. tiny cauliflower florets, garlic, turmeric, cumin
tbsp. chives

Method:

In 2 qt. pot, cook leeks until soft in 1 tbsp. oil. Add cauliflower and garlic. Cook until soft, around 10 minutes. Add stock, bring to a boil, lower heat and simmer about 40 minutes.

While soup cooks, saute reserved ½ cup of TINY cauliflower florets in coconut oil, pinch garlic, ¼ tsp. cumin, ¼ tsp turmeric salt and pepper. When cooked, set aside for soup GARNISH.

When soup is ready, blend or use immersion blender to puree until smooth. Return to pot, add coconut milk and season to taste. Serve with spicy cauliflower saute on top and sprinkle with chives.