

Cauliflower & Kale Soup



1 large head cauliflower, cut in 2 inch pieces
¼ cup fresh parsley, minced
3 cloves garlic, chopped
1 yellow onion, chopped
1 bunch of kale, cut into ribbons
4 cups vegetable stock
½ tsp dried rosemary
1 tsp dried thyme
1 tbsp olive oil
2 cups unsweetened rice or almond milk
1 tsp pepper
1 tsp salt

1. Heat oil in large skillet. Add onion, salt and pepper, and garlic. Sauté for 3 minutes, until onion is clear.
2. Add vegetable stock and cauliflower and bring to a boil. Reduce heat, cover and simmer until cauliflower is tender, about 20 minutes.
3. Remove half the soup and blend in blender. Add blended portion back into soup.
4. Add the rice/almond milk, rosemary, thyme, parsley, and kale.
5. Simmer for 5-10 minutes so flavors can blend.

Yield: 6 servings

From: The Ditzell House