



# roasted cauliflower & sweet potato soup

Thick, flavourful, creamy (yet creamless), this satisfying Roasted Cauliflower & Sweet Potato Soup will warm you from your nose to your toes! Chunks of sweet potatoes and cauliflower are tossed in spices, roasted until golden and pureed into a crowd-pleasing vegetarian soup.

SERVES: 6



julie albert & lisa gnat



## ingredients

- 1 large head cauliflower, cut into florets (tip: soak cauliflower in cold water for 5 minutes to clean and remove any bitterness)
- 2 medium sweet potatoes, peeled and cubed
- 2 tbsp olive oil
- ½ tsp ground cumin
- ½ tsp kosher salt
- ¼ tsp garam masala
- 2 tbsp butter
- 1 medium yellow onion, diced
- 2 large garlic cloves, minced
- ½ tsp kosher salt
- ½ tsp ground cumin
- ½ tsp ground ginger powder
- ¼ tsp cayenne pepper
- 6 cups vegetable broth

Sour cream, for garnish  
Chopped fresh flat-leaf parsley, for garnish

## directions

- 1.** Preheat oven to 425°F and line a baking sheet with parchment paper. In a large bowl, toss cauliflower, sweet potatoes, olive oil, cumin, salt and garam masala. Transfer to baking sheet and roast in oven for 20-25 minutes, stirring after 15 minutes.
- 2.** While the cauliflower and sweet potatoes are roasting, melt butter in a large soup pot over medium heat. Add onions and cook until softened, 4-5 minutes. Stir in garlic, salt, cumin, ginger and cayenne, continuing to cook for 1 minute. Add vegetable broth and bring to a boil. Reduce heat to low, stir in roasted cauliflower and sweet potatoes and simmer uncovered for 15 minutes.
- 3.** Using a blender, puree soup in 2 batches. Garnish each soup bowl with a dollop of sour cream and sprinkle with chopped parsley.

*“Good manners: The noise you don’t make when you’re eating soup.”*

— BENNETT CERF

print



PRE-ORDER OUR NEW COOKBOOK



BUY OUR BOOK



BUY OUR BOOK