

Roasted Cauliflower Soup



Prep:

10 minutes

Total:

50 minutes

Makes:

8 servings

Utensil:

Blender
Saladmaster Food Processor
5 Qt./4.7 L Roaster with Cover
Cookie Sheet (12 ½ x 15 ½)
7" Santoku Knife

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Recipe:

Contributed By:

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Recipe Description:

This recipe is rich and delicious! What a great way to get a healthy dose of vegetables with no added fat. Even people who don't like cauliflower will devour this delicious soup!

½ teaspoon
ground black pepper
(2.5
mL)
2 cups
non-dairy milk
(475
mL)
½ teaspoon
cinnamon
(2.5
mL)

Directions:

1. Preheat oven to 375°F/191°C.
2. Spread cauliflower florets, onions and garlic on cookie sheet in a single layer. Sprinkle balsamic vinegar across vegetables. Bake for 40 minutes.
3. Transfer vegetables to blender and add vegetable broth. Process until smooth.

4. Pour blended mixture into roaster and add remaining ingredients. Simmer over medium heat for about 10 minutes. Serve warm.

Nutritional Information per

▼ Serving

Calories: 153
Total Fat: 2g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 565mg
Total 29g
Carbs:
Dietary Fiber: 11g
Sugar: 14g
Protein: 11g
