Roasted Cauliflower Soup

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For those of you who are trying to watch your carb and/or fat intake but find it hard to resist potato soup, this soup satisfies that craving. My wife, Andrea, loves potato soup but doesn’t miss it when I make this. It’s so delicious and is actually healthy. Enjoy!

Roasted Cauliflower Soup

1 large head cauliflower, washed and cut into bite-sized pieces

1 large onion, diced

2 large cloves garlic, finely grated

4 cups chicken broth or stock

1/2 cup light sour cream

1/4 stick butter

1/4 cup half and half

1/2 cup 2% shredded sharp cheddar cheese

1/2 cup freshly chopped parsley

4 tbsp extra virgin olive oil

Turkey bacon, cooked until crispy

Kosher salt and pepper, to taste

Nonstick aluminum foil

Large sheet pan

Dutch oven or large heavy pot

Food processor or blender

Preheat oven to 400 degrees. In a large bowl, toss cauliflower with 2 tbsp oil, pepper, and 2 tsp kosher salt until thoroughly coated. Line a large sheet pan with nonstick aluminum foil and roast for 20 minutes. Stir and roast another 15-20 minutes until cauliflower is caramelized and tender. Remove from oven and set aside.

In a large heavy pot, heat 1 tbsp oil over medium heat, adding onion. Sauté for 6-8 minutes until it softens. Add garlic and continue to sauté for 4-5 more minutes. Onion and garlic should start to caramelize. Once caramelized, add the chicken stock, scraping any browned bits from bottom of pot. Cover with a lid and let simmer over medium-low heat.

Combine cauliflower, sour cream, butter, and cheese in a food processor, pulsing until smooth. You may need to do this in batches depending on the capacity of the processor bowl. Add to the pot, stirring until combined. Let simmer 5 minutes, covered. Add half and half and parsley and let cook another couple of minutes. Add salt and pepper to taste. If you would like, you can use a hand blender to make soup smoother. I prefer a more coarse texture. If soup is too thick, add more chicken stock until thinned enough.

Serve, topping with a crumbled piece of turkey bacon along with a sprinkling of reduced fat shredded cheddar.