

Roasted Cauliflower Soup

Preparation time: 1 hour / Serves 6



INGREDIENTS

- 2 heads FOXY-brand cauliflower
- 2 FOXY-brand leeks, chopped
- 2 carrots, sliced
- 1 Tablespoon olive oil
- 5 cloves garlic, chopped
- 4 cups chicken or vegetable broth
- 1 bay leaf
- 1 teaspoon dried thyme
- 2 cups half and half or 1% milk
- pepper to taste
- 1 teaspoon red pepper flakes, optional

PREPARATION

Preheat oven to 425° F.

Wash FOXY-brand cauliflower and cut into florets. Wash FOXY-brand leeks, remove bottom 1" of stalk and chop.

In a large bowl, toss florets, leeks and carrots with olive oil and garlic. Spread in single layer in roasting pan or baking sheet with sides. Roast in oven until browned, about 20 minutes.

Transfer vegetables to a soup pot and add broth, bay leaf and thyme; bring to a boil. Cook over medium heat 30 minutes. Remove bay leaf.

Puree soup in the pot with immersion blender; or puree in small amounts in a blender and return to pot. Stir in the half and half or milk and season with pepper and red pepper flakes (optional). Heat before serving.