



RECIPES

Creamy Cauliflower Soup

INGREDIENTS:

- 1 onion chopped
- 1 head of cauliflower
- 4 stalks of celery without leaves
- 4 cloves of garlic diced
- 1 tablespoon sea salt
- one 3 by 3 inch piece of kelp/kombu
- 6 cups water
- 1/2 cup parsley
- 2 tablespoons coconut oil or olive oil

INSTRUCTIONS:

1. Begin by boiling the water and chopping the veggies up.
2. Place all ingredients in water except basil/parsley and oil.
3. Once the water is boiling, cover and turn down heat to medium and simmer for twenty minutes.
4. After twenty minutes, blend hot soup in blender in two batches and add basil/parsley and oil.

Makes 4 servings

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 **CANCER CENTER**
at
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