

# Creamy Cauliflower & Red Pepper Soup

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**SERVINGS:** 4 (1 ¼ C. serving size)

## TIP

If you do not have an immersion blender, you may use a standard blender or food processor. Cool soup before blending as the heat can blow the top off small appliances. Reheat and then add half & half. For a creamier texture, you may sub heavy whipping cream in place of half & half; adjust nutrition info.

## INGREDIENTS (soup)

- 6 C. cauliflower florets (cut in bite size pieces)
- 2 C. diced red bell pepper (cut in bite size pieces)
- 2 T. avocado or olive oil
- 1 tsp. garlic powder
- 1 tsp. salt
- ½ tsp. pepper
- 3 ½ C. chicken or chicken bone broth
- 1 T. dried minced onion
- 1 tsp. Hungarian or smoked paprika
- ½ tsp. dried thyme
- ½ C. half & half

## INGREDIENTS (toppings), optional

- Chopped fresh parsley
- Shredded parmesan cheese
- Red pepper flakes

## DIRECTIONS

1. Preheat oven to 425 degrees.
2. Place cauliflower florets, red pepper and oil in a large resealable plastic bag. Seal bag and shake gently to coat veggies with oil.
3. Spread veggies evenly on a rimmed baking sheet. Sprinkle with garlic powder, salt and pepper.
4. Place baking sheet on lower shelf of oven and roast 25 minutes. Turn veggies over and roast an additional 15 minutes.
5. Place roasted veggies in a large saucepan; add broth, dried minced onion, paprika and thyme. Stir.
6. Bring to a boil and reduce heat to low; simmer 10 minutes.
7. Using an immersion blender, blend until smooth. Stir in half & half and heat through. Adjust seasonings to taste, if necessary.