

Roasted Cauliflower Pumpkin Soup

Ingredients

- 1 large head of cauliflower, cut into 2 inch pieces
- 1 tbsp olive oil (for roasting)
- 1/4 tsp sea or kosher salt
- 2 large apples or 3 small (sweeter variety), peeled, roughly cut
- 4 cups chicken or vegetable stock
- 1/2 cup raw cashews (or 1 can of white beans rinsed and drained)
- 1 1/2 cups pumpkin pureé
- 1 can (1.5 cups) of white beans, rinsed and drained
- 1/8 tsp pepper (or to taste)



Instructions

Mix cauliflower pieces with 2 1/2 tsp olive oil and spread out on most of a rimmed baking sheet; sprinkle with salt. Peel apples and cut in large pieces. Mix apples with a little oil and spread on the pan with cauliflower but keep them separate. Place the pan in the oven and roast until tender and lightly browned.

Using a blender, add about half the chicken stock, cashews, beans (reserve 1/2 cup beans if you want to add to the soup whole) and pumpkin. Add more chicken stock to blender if needed. If you want more texture in the soup besides the roasted cauliflower, add some of the beans to your soup pot rather than the blender.

Instructions Continued

Add roasted apples to blender and blend. If the blender becomes too full at any time, pour some out into the soup pot. Add all ingredients to the soup pot except the cauliflower. Simmer ingredients over low heat for about 30 minutes; stir frequently. Add more chicken stock if soup becomes too thick. Roughly cut up roasted cauliflower into smaller pieces and add to soup. Mix together for a few minutes and turn off heat. Sprinkle with roasted pumpkin seed for garnish.