

Potato Cauliflower Soup



4-6 servings



40 minutes

Ingredients

2 tbsp olive oil
3 tsp vegan butter (I use Earth Balance)
1 onion diced
Stems from cauliflower diced (approx. 1 1/2 cups)
1 celery stalk diced
2 garlic cloves diced
1 tsp Adobo
20 oz diced Yukon Gold Potatoes
8 oz mushrooms diced
1/2 cup raw cashews
2 cups cauliflower florets
1 cup plant based milk
2 tbsp nutritional yeast
2 tbsp flour
2 tsp herbs de provence
1 can cannellini or great northern beans rinsed and drained
6 cups veggie broth
salt & pepper to salt
1 lg bay leaf or two small

Method

1. In a medium sauce pan, place cauliflower florets, cashews, and 1/2 can of beans in water, bring to a boil and simmer until softened.
2. In a large soup pot add olive oil and butter on medium heat. Add onions and Adobo, simmer for 2 minutes before adding cauliflower stems and celery. Simmer for 5 minutes.
3. Add mushrooms, garlic and onion powder, simmer for 5 minutes.
4. Add potatoes and herbs de provence stir well and simmer for 5 - 6 minutes. (add broth or water if needed)
5. Add flour stir until vegetables are fully coated, add broth, bring to a boil and simmer until potatoes are soft, about 20 minutes.
6. Once cooled, add the cauliflower, rest of the beans, milk, nutritional yeast and a few ladles of the soup to a high speed blender. Add back into soup.
7. At this point the texture of the soup is totally preference. Use an immersion blender if you want a creamier soup.
8. I use a potato masher to get smaller pieces of the veggies maintaining some texture.