

PURPLE CAULIFLOWER AND PARSNIP SOUP



DIFFICULTY
EASY



TIME
30 MIN



SERVES
4

INGREDIENTS

1 medium head of purple cauliflower, broken into florets (about 4 cups)
1 small parsnip, chunked into inch-long pieces (about 1 cup) *It is not necessary to peel the parsnip*
½ of a medium onion, roughly chopped (about 1 cup)
2 cloves garlic, minced (about 2 tsp)
Water to cover (about 3-4 cups)
1 ½ cup raw cashews (whole or pieces)
1 tsp apple cider or sherry vinegar
⅛ tsp pinch of nutmeg
3 or 4 chives, thinly sliced crosswise
1 tsp sea salt (plus more to taste if desired)
1 tsp black pepper
Small sprig rosemary (optional)

DIRECTIONS

- 1. Cook the Cauliflower, Parsnip and Onions**
In a large pot, combine the cauliflower, parsnip, onion, garlic, water, rosemary and cashews. Bring to boil and then turn down the heat to simmer for 20 minutes, or until the cauliflower and parsnips are soft. Cool down to room temperature so you won't risk burning yourself when transferring it to a blender.
- 2. Puree the Soup**
Transfer all of the vegetables and cashews in the pot to the blender and add half the water. Pull off 3-4 leaves of the rosemary sprig and discard the rest. Add the salt, pepper, vinegar, and nutmeg and puree until smooth. Adjust the consistency with the remaining water and adjust the seasoning with salt and pepper if necessary. Add back to the pot to heat.
- 3. To Serve**
Ladle into serving bowls and garnish with thinly sliced chives.

NUTRITION FACTS PER SERVING

Calories: 164 Fat: 8.2g (Saturated Fat: 1.6g) Carbohydrates: 50.6g Fiber: 5.5g Sugar: 6.3g Protein: 5.5g



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