



OVEN-ROASTED CAULIFLOWER SOUP

Hearty and nutritious, this soup can be made with fresh or frozen cauliflower. Serve it with a whole grain roll for a balanced meal.

Preparation time: 15 minutes • Baking time: 25-35 minutes • Cooking time: 15 minutes • 6 servings

INGREDIENTS

8 cups (2 L) fresh or frozen cauliflower florets (about 1 head if using fresh cauliflower)
1 carrot, peeled and coarsely chopped
1-2 tbsp (15-30 mL) butter, melted
1 onion, chopped
2 cloves garlic, minced
1 tsp (5 mL) dried thyme leaves
1 bay leaf
2 1/2 cups (625 mL) no-salt-added vegetable broth
1 can (19 oz/540 mL) unsalted white beans, drained and rinsed
1 tbsp (15 mL) grainy Dijon mustard
2 1/2 cups (625 mL) milk
Freshly ground pepper
Salt (optional)
1/2 cup (125 mL) Cheddar cheese, shredded
1/4 cup (60 mL) fresh dill, coarsely chopped
Lemon zest (optional)

PREPARATION

Preheat oven to 425 °F (220 °C). Place cauliflower and carrots on a parchment lined baking sheet. Drizzle butter over vegetables and toss to coat. Roast 25 to 35 minutes, turning halfway through, until vegetables are tender. Remove about 1/2 cup (125 mL) cauliflower florets and reserve to garnish soup.

Meanwhile, place onion, garlic, thyme, and bay leaf in a large saucepan. Add broth and simmer gently for 5 minutes or until onion is tender. Add roasted cauliflower, carrot, white beans, and mustard. Simmer gently for 8 minutes or until vegetables are very tender. Remove from heat. Discard bay leaf. Season with pepper and salt if needed. Stir in milk.

Cool soup slightly. Purée in batches until smooth. Serve in bowls. Garnish with roasted cauliflower florets, cheese, dill, and lemon zest (if desired). Serve with a whole-grain roll.



This soup is no ordinary soup! When paired with a whole grain roll, you have a complete meal on the table. The vegetables and white beans add precious fibre and the milk and cheese provide complete protein. These nutrients are essential to keep your hunger at bay until your next meal.

Your dietitian

Name: _____

Contact: _____

Organization: _____

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