

Creamy Cauliflower Soup and Roasted Garlic Soup with Crispy Shaved Brussel Sprouts

Ingredients to serve 4-6:

- 1 head cauliflower
- 2 or 3 heads of garlic (according to taste)
- 1 white onion
- 4-6 cups of vegetable broth
- 6 ounces shaved Brussel sprouts
- 4-6 tablespoons olive oil
- 1 teaspoon garlic powder
- kosher salt and pepper to taste
- crumbled bacon for garnish (optional)
- toasted pumpkin seeds for garnish
- chili oil, for drizzling



Directions:

Preheat oven to 350.

Cut the top part of the garlic head off so all cloves are exposed. Drizzle garlic with olive oil and wrap in foil. Place on baking sheet and cook for about 1 hour until cloves are golden. Remove from oven and set aside.

Increase oven temperature to 375. Break up cauliflower into florets and roughly chop onion. Toss with a generous amount of olive oil (about 3 tablespoons), so vegetables are lightly coated. Season with salt and pepper. Roast in oven for about 30 minutes until tender and just beginning to brown.

Transfer to a stock pot, with any juices and add vegetable stock. Remove roasted garlic by squeezing all cloves into the pot, discarding skin. Bring to a simmer, stirring to distribute roasted garlic and cover to simmer for 30 minutes until vegetables are quite tender.

Meanwhile, increase oven temperature to 400. In the same sheet pan, combine shaved Brussel sprouts with an additional 2 tablespoons of olive oil, salt, pepper and the garlic powder. Toss well and roast for about 25 minutes, stirring occasionally to promote even roasting. When sprouts are golden and crispy on edges, remove and set aside.

Using an immersion blender, food processor or blender, purée soup (adding stock to achieve desired consistency if needed). Adjust soup for seasonings and ladle into bowls. Garnish with crispy Brussel sprouts, bacon (if desired), pumpkin seeds and a drizzle of chili oil if using. Serve immediately and enjoy.