

Cream Of Cauliflower Soup

Prep Time: 20 Min **Cook Time:** 20 Min **Total Time:** 40 Min
Serves 4

Ingredients

- 1 Head Cauliflower (cut up into bite size pieces)
- 3 Carrots. (chopped)
- 1 cup Celery. (chopped)
- 1 Leek. (chopped...use green part as well as some of the white)
- 2 Cloves Garlic
- 2 Tbsp. No-Salt Seasoning (or the like)
- 2 cups Carrot Juice
- 4 cups Water
- 1/2 tsp. nutmeg
- 1 cup Raw Unsalted Cashews
- 5 cups Chopped or Baby Spinach. (raw)

Instructions

- 1 Place all ingredients EXCEPT spinach & cashews into large soup pot.
- 2 Simmer (low boil) for approx 15 mins or until veggies are tender.
- 3 Make sure to stir occasionally.
- 4 In a blender, put 2/3 of the soup mixture along with the cashews and blend til creamy.
- 5 Return to the soup pot and add spinach.
- 6 The spinach only needs to wilt, which will occur upon entering the soup.
- 7 Heat up on low and serve!

Notes

This is a great recipe because in the end you have a chunky cream soup that tantalizes the taste buds. It is also great for larger crowds and can easily be doubled.

If you need more seasoning...you can add a little more "No-Salt".

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