



CREAM OF VEGETABLE SOUP



Ingredients

3-4 cups vegetable broth	¼ tsp salt
1 ½ cups coconut milk	¼ tsp ground white pepper
2 tbsp cooking oil	2 cups cauliflower florets
1 tsp herbs de Provence	2 cups potatoes, diced
2 tablespoons butter	1 cup tofu, crumbled
2 tbsp flour	2 cups fresh kale, chopped
¼ cup diced onion	½ cup fresh chopped Italian parsley
2 tbsp minced garlic (3 cloves)	½ cup fresh rosemary sprigs
1 tsp dried thyme (or 1 tbsp fresh)	¼ cup chopped chives
2 tsp dried sage (or 1 tbsp fresh)	Optional: ½ cup grated parmesan cheese / cheese



Instructions

Servings
6

Prep Time
20 mins

Bake Time
40 mins

Stove Time
35 mins

Total Time
90 mins

1. Prepare the ingredients: Chop the cauliflower, peel and chop the potatoes, crumble the tofu, dice the onion, despine and chop the kale (or just chop the spinach). Cut the herbs, mince the garlic, and grate the cheese, if you're using cheese.
2. Place the chopped cauliflower, potatoes, onion, and tofu on a roasting pan. Drizzle with oil, salt, pepper and herbs de Provence. Roast in the oven at 400°F for 40 minutes.
3. When the vegetables are 10 minutes away from being done roasting, melt 2 tbsp butter in a large pot over medium heat. Add the flour, stirring constantly until a roux forms.
4. Slowly incorporate the broth and coconut milk, little by little. Bring to a boil, then reduce to a simmer over medium heat for 5-10 minutes, allowing to thicken. Stir occasionally.
5. Once the vegetables are fully roasted, pull them out of the oven and add them to the soup.
6. Add the garlic, thyme, sage and rosemary, and kale. Let simmer for 10 minutes.
7. Add the parmesan cheese and stir.
8. Add salt and pepper to taste. Top with fresh parsley and chives, then serve.