

Cauliflower Carrot Soup

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Recipe type: **Phase 1 • Soups/Salads/Sides/Snacks**

Prep time: 35 mins Total time: 35 mins

Serves: 4

Ingredients

- 2 tablespoons extra virgin olive oil
- 1 medium onion, chopped
- 2 cloves garlic, chopped
- ½ small head cauliflower (about 8 ounces) cut into florets
- 2 carrots peeled and chopped
- 1 quart Vegetable Stock (page 235)
- 2 tablespoon chopped parsley
- 1 tablespoon chopped chives
- 1 teaspoon chopped rosemary
- 1 teaspoon freshly chopped dill
- 1 teaspoon celery salt
- ½ teaspoon salt
- 1 ½ cup coconut milk

Instructions

1. Heat the oil in a 2-quart sauce pot over medium-high heat for 1 minute or until hot.
2. Saute the onions for 3 minutes or until limp.
3. Add the garlic, cauliflower and carrots and saute for 5 minutes.
4. Add the remaining ingredients and stir well to combine.
5. Bring the soup to a boil over medium-high heat. Lower the heat to medium and simmer for 35 minutes.
6. Pour the soup into a blender container. Cover the container. Remove the center cup from the cover.
7. Place a clean, folded kitchen towel over the blender cover and press down with your hand.
8. Puree the soup until smooth.
9. Serve immediately and refrigerate leftovers.

Recipe by Recipes For Repair at <http://recipesforrepair.com/recipes/cauliflower-carrot-soup/>