

Vegan Creamy Cauliflower Soup

WITH TEXAS HILL COUNTRY ROSEMARY OLIVE OIL



Ingredients

- 4 tablespoon Rosemary-Infused Texas Olive Oil by, plus more for serving
- 1 medium head cauliflower, cored and broken into 1 ½ inch florets
- 2 garlic cloves peeled and slightly crushed
- 1 medium yellow onion chopped
- 6 c vegetable stock (or chicken if not vegan)
- ¼ c Arborio rice
- Kosher salt
- Freshly ground black pepper
- Freshly grated zest of 1 lemon for serving
- Croutons for serving



Notes

Directions

1. Thoroughly wash your cauliflower and chop it into small florets removing the tough stem. The smaller the florets, the quicker the cauliflower will cook.
2. Preheat the oven to 400 F.
3. Now, toss the cauliflower florets and garlic with 2 tablespoons of Rosemary-Infused Texas Olive Oil and spread evenly on a lined sheet pan. Roast for 15 minutes, or until cauliflower's color starts to turn brown.
4. Meanwhile, heat the remaining 2 tablespoons of Rosemary-Infused Texas Olive Oil in a heavy-bottomed saucepan. Add onion and sauté until translucent. Add 5 c stock and bring to simmer.
5. Now, add Arborio and cook until rice is tender for about 20 minutes. Add roasted cauliflower and garlic to the stock and cook for another 5 minutes to bring up the flavors.
6. The next step is to blend the soup into a puree, adding more stock, little at a time if needed, to reach a silky consistency. If you are using a high-speed blender, shift the contents in batches to avoid the risk of blowing the top off your blender and creating a big mess. Start at the lowest setting and slowly increase the speed. Blend each batch for 30-45 seconds or until the soup is completely creamy and smooth. While using an immersion blender, make sure you blend until all chunks of cauliflower have been blended.
7. Finally, season with salt and pepper to taste. Serve the hot soup with a swirl of Rosemary-Infused Texas Olive Oil and a sprinkle of lemon zest. We love to top ours with some croutons for a little crunch!