



KETO CAULIFLOWER SOUP

INGREDIENTS

- Cauliflower florets-250 gms
- Butter – 2 tablespoons
- Onion – One big (sliced)
- Garlic – 8-10 cloves
- Vegetable broth/Chicken broth
– 1 cup
- Heavy cream- 2 tablespoons
- Cheddar cheese- for
garnishing
- Celery – for garnishing
- Olive oil- for seasoning the
cauliflower
- Salt- to taste
- Black pepper – to tast

SERVINGS: 2

PREP TIME: 10 MINS

COOK TIME: 35 MINS

DIRECTIONS

- To start, cut the cauliflower into florets. Grease a baking tray and arrange the florets on it. Sprinkle with some salt, olive oil, and pepper. Also, add few cloves of garlic. Roast it for 20 minutes at 200 degrees, or until soft and golden.
- In a pan, heat butter. Add the sliced onions and the remaining garlic cloves. Sprinkle some salt. Sauté till translucent.
- Now add the roasted cauliflower and sauté for a few minutes.
- Add the vegetable/chicken broth and bring it to a boil.
- Use a hand/electric blender to get a purée texture.
- Again heat the soup and add two tablespoons of heavy cream.
- Garnish the soup with celery and some cheddar cheese.