

Creamy Cauliflower Soup

Ingredients:

- 1 tablespoon extra-virgin olive oil
- 1 medium onion, chopped (about 1 cup)
- Sea salt to taste
- 1 medium head cauliflower (about 3 pounds with florets and stems cut into 1 inch pieces). (*can substitute zucchini)
- 4 cloves garlic, chopped
- 4-1/2 cups filtered water
- 1/4 cup chopped fresh dill, plus more for garnish
- 5 large kale or collard leaves, or a combination of any greens in season, tough ends removed and leaves roughly chopped
- Freshly ground black pepper to taste



Directions:

Heat oil in a large pot over medium heat; cook onion, covered, until soft, 4-5 minutes.

Add garlic and a pinch of salt, and cook for 3 minutes more. Add cauliflower, and pour in filtered water until it reaches the top of the cauliflower.

Bring to a boil over high heat. Add 2 tablespoons dill. Reduce heat to low, and simmer until cauliflower is just tender, about 10 minutes.

Stir in greens, and simmer for 3 minutes.

Let sit for 5 minutes to cool slightly. Stir in remaining 2 tablespoons of dill.

Puree soup in batches in a blender, or with immersion blender, until very smooth. You can add more water (about 1/2 cup) if it's too thick. Return to pot, and reheat. Season with salt and pepper. Garnish with dill. Freeze extras for an easy meal later.