

Silky Cauliflower Soup

- SERVINGS: 4 6O 6
- TIME: 40 MINUTES
- SOURCE: [DAVID LIEBERMAN](#)

- 1 head cauliflower
- 2 tablespoons olive oil
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 quart low-sodium chicken or vegetable stock
- 1/2 cup finely grated Parmesan
- Salt and freshly ground black pepper

Remove the leaves and thick core from the cauliflower, coarsely chop, and reserve.

Heat the olive oil in a large saucepan or soup pot over medium heat and add the onion and garlic. Cook until softened, but not browned, about 5 minutes.

Add the cauliflower and stock and bring to a boil. Reduce the heat to a simmer, cover, and cook until the cauliflower is very soft and falling apart, about 15 minutes.

Remove from heat and, using a hand held immersion blender, puree the soup, or puree in small batches in a blender and return it to the pot.

Add the Parmesan and stir until smooth.

Season, to taste, with salt and black pepper. Keep warm until ready to serve.