

Golden Austrian Cauliflower Cream Soup

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Serves: 4

Preparation Time: 30 minutes

Ingredients:

- 1 head cauliflower, cut into pieces
- 3 carrots, coarsely chopped
- 1 cup coarsely chopped celery
- 2 leeks, coarsely chopped
- 2 cloves garlic, minced
- 2 tablespoons Dr. Fuhrman's VegiZest (or other no-salt seasoning blend such as Mrs. Dash, adjusted to taste)
- 2 cups carrot juice
- 4 cups water
- 1/2 teaspoon nutmeg
- 1 cup raw cashews or 1/2 cup raw cashew butter
- 5 cups chopped kale leaves or baby spinach



Instructions:

Place all the ingredients except the cashews and kale in a pot. Cover and simmer for 15 minutes or until the vegetables are just tender. Steam the kale until tender. If you are using spinach there is no need to steam it; it will wilt in the hot soup.

In a food processor or high-powered blender, blend two-thirds of the soup liquid and vegetables with the cashews until smooth and creamy. Return to the pot and stir in the steamed kale (or raw spinach).

Per Serving:

CALORIES 354; PROTEIN 13g; CARBOHYDRATES 46g; TOTAL FAT 16.7g; SATURATED FAT 3.4g; SODIUM 202mg; FIBER 9.1g; BETA-CAROTENE 18003ug; VITAMIN C 102mg; CALCIUM 176mg; IRON 5.8mg; FOLATE 233ug; MAGNESIUM 182mg; ZINC 3mg; SELENIUM 6.8ug