# Transformational Cauliflower Soup

**YIELD:** 4 Servings  |  **SKILL LEVEL:** Moderate

## INGREDIENTS:

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 TB</td>
<td>OLIVE OIL</td>
</tr>
<tr>
<td>1</td>
<td>ONION</td>
</tr>
<tr>
<td>1 CLOVE</td>
<td>GARLIC</td>
</tr>
<tr>
<td>1 TS</td>
<td>CHIVES</td>
</tr>
<tr>
<td>1</td>
<td>Small Head CAULIFLOWER</td>
</tr>
<tr>
<td>1 TS</td>
<td>SALT</td>
</tr>
<tr>
<td>4 1/4 CUPS</td>
<td>WATER</td>
</tr>
<tr>
<td></td>
<td>GROUND BLACK PEPPER (To Taste)</td>
</tr>
<tr>
<td>1 SLICE</td>
<td>Whole Wheat BREAD</td>
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</tbody>
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## PROCEDURE:

1. Cut the stem so that the head of cauliflower separates into florets.
2. Place the cauliflower in a small bowl.
3. Peel the onion, split in half, slice thinly, and place in a prep bowl.
4. Crush garlic and place in a small ramekin.
5. With a serrated knife, cut 1/4-inch slice of whole wheat bread.
6. Mince chives and put in a small ramekin.
7. Pour 1 tablespoon of olive oil in a 2-quart microwave safe bowl.
8. Heat olive oil in bowl uncovered for 3 minutes.
9. Add sliced onions and 1/2 teaspoon of salt to the bowl to draw out moisture and soften the onions.
10. Cover bowl with microwave safe wrap and heat for 5 minutes.
11. With extreme care, remove cover (steam will escape).
12. Add garlic clove and 1/4 cup of water.
13. Cover and cook for 10 minutes.
14. Again, with extreme care, remove cover (steam will escape).
15. Add 4 cups of water and cook for 20 minutes uncovered.
16. Let bowl stand a few minutes to cool down before blending.
17. Place bread slice in a toaster (optional) and crisp up the bread.
18. Cut bread into 1/4 inch cubes and reserve.
19. Carefully, place 1/3 of the cauliflower florets and broth in a blender.
20. Remove the center cap from the blenders top to relieve the pressure built up by the hot liquid.
21. Place a well folded towel in place of the center cap, and cover the created hole completely.
22. Blend for 1 minute and transfer to a bowl.
23. Repeat this blending procedure twice more.
24. Season soup with salt and black pepper (white pepper if you want to preserve silky white color of soup).
25. Ladle 1 cup of puree into soup bowl.
26. Sprinkle with chives and whole wheat bread cubes.
27. Drizzle with olive oil and serve hot.

*These recipes were tested with a 1000-watt microwave. Cooking times will vary according to microwave wattage and cooking containers utilized. Please be sure to carefully observe the dishes while they are cooking in the microwave oven for overflow.*