

## Roasted Garlic and Cauliflower Soup



### Ingredients:

2 Yukon Gold potatoes  
1 medium-sized head of cauliflower  
1 large bulb of garlic  
4 cups vegetable broth  
1/2 cup raw cashews soaked in water overnight  
1/2 cup roasted garlic hummus  
1/4 cup olive oil  
2 teaspoons nutritional yeast  
Kosher salt  
Freshly ground black pepper

### Optional Garnish:

Toasted bread croutons  
Fresh chopped parsley

### Directions:

- 1) Preheat the oven to 425 degrees and line a large baking sheet with aluminum foil.
- 2) Tear off an additional piece of aluminum foil about two sizes bigger than the diameter of the garlic bulb. Using a sharp knife, carefully slice off the top third of the garlic bulb, exposing the cloves.
- 3) Drizzle one tablespoon of the olive oil over the garlic and season it with salt and pepper. Wrap the foil around the bulb to seal out any air and place it on the rack inside the oven. Roast the garlic for 1 hour until tender.
- 4) Chop the cauliflower florets into 1-inch pieces and arrange them on the baking sheet. Peel the potatoes and slice them into 1-inch pieces. Arrange them on the foil with the cauliflower.
- 5) Drizzle the remaining olive oil over the vegetables, and season them with salt and pepper.
- 6) Place the baking tray in the oven and roast the vegetables for 30 to 40 minutes until the cauliflower is starting to brown and the potatoes are soft. Remove the pan and the garlic from the oven and allow them to cool slightly.
- 7) Pour half of the vegetable broth into the jar of a large blender then add the vegetables, hummus, cashews, yeast, and the roasted garlic cloves. (You'll need to squeeze the cloves out of their skins.)
- 8) Blend the mixture on high power until the smooth.

9) Transfer the mixture to a deep soup pot over medium heat. Add the remaining vegetable broth and season with salt and pepper to taste.

10) Cook the soup for 30 minutes, occasionally stirring.

11) To serve, spoon the soup into bowls. Garnish with croutons and chopped parsley.