

# Mexican Cauliflower Soup

6–8 Servings

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*This pure white, creamy soup is stuffed full of cauliflower and spiked with Mexican spices. It can be eaten simply or dressed up with a wide variety of toppings. My favorite includes the cilantro and crunchy corn chips for a contrast in texture. Avocado is always a pleasure, of course. If you want your soup especially spicy, feel free to up the amount of cayenne pepper. I have made this sans potatoes by including extra cauliflower (which makes it GAPS-Friendly and starch-free).*

2 tablespoons fat of your choice (see page 23)  
 2 small/1 large yellow onion, peeled and chopped  
 6 medium garlic cloves, peeled and finely minced by hand or in a garlic press  
 8 cups/1.9 liters chicken, beef, or vegetarian stock of your choice  
 2 small heads cauliflower or 1 large head cauliflower, cut into florets (8–10 cups)  
 2 large baking potatoes or 4 medium red or yellow potatoes, peeled and diced  
 ⅛ teaspoon cayenne pepper  
 2 teaspoons cumin powder  
 1½ teaspoons dried oregano  
 1–2 teaspoons salt

## TOPPING SUGGESTIONS

Diced ripe avocado  
 Crumbled organic corn chips (yellow or blue)  
 Diced tomatoes  
 Fresh salsa  
 Sour cream or Crème Fraîche (see page 282)  
 Cooked and drained black beans  
 Several limes, cut into wedges  
 Half bunch of cilantro, stemmed and chopped

1. In a large pot, heat the fat of your choice over medium to medium-high heat until hot. Add the onions and garlic and sprinkle with salt. Sauté, stirring as needed to prevent browning, until the onions are softened.
2. Add the stock, cauliflower, potatoes, cayenne, cumin, oregano, and 1–2 teaspoons of salt (less if using store-bought broth). Bring the soup to a boil, turn heat to low, and cover. Cook for 20 minutes or until the cauliflower and potatoes are soft.
3. If you aren't using any extra toppings, remove about 6 florets of the cauliflower and set aside to cut into small bits to garnish the soup.
4. Using an immersion blender, blend the soup until smooth, or transfer it in small batches to a blender or food processor to purée.
5. Add salt and pepper to taste. Top with the chopped cauliflower florets or other topping(s) of your choice.



*Quick Recipe*  
Vegetarian-Friendly  
**GLUTEN-FREE**  
*Grain-free*  
GAPS-friendly  
**DAIRY-FREE**  
*Budget-Friendly*