

Fall Vegetable Cauliflower Soup Recipe



Are you in recovery mode from Thanksgiving over-eating?

If so, you're not alone. So today, I've got a delicious, plant-based way to recover so you can get back to feeling slim, energized, and ready to take on the hustle and bustle of the month ahead.

This soup combines cauliflower with celery root, parsnips, herbs, and cashew cream, which gives it a creamy flavor and texture that feels indulgent, even though it's completely alkaline.

Give it a try and let me know what you think over on [Facebook](#).

FALL VEGETABLE CAULIFLOWER SOUP

Ingredients [Serves 4]

2 tbsp. coconut oil
1 medium onion, chopped
2 cloves of garlic, minced
1 small head of cauliflower, chopped
1 small celery root, peeled and cubed
2 parsnips, peeled and cubed
6 cups of vegetable broth (or 4 cups broth + 2 cups water) (yeast-free)
4 tbsp. freshly chopped parsley
4 tbsp. freshly chopped chives
Cashew Cream (optional, recipe to follow)
Salt (Celtic grey, Himalayan, or Redmond Real Salt) & pepper to taste



DIRECTIONS

Melt the coconut oil in a large pan, and once hot, add the onion and garlic with a little sea salt. Once the mixture starts to brown a little (about 7-10 minutes) add the cauliflower, celery root, and parsnips and sauté for 3-5 minutes more.

Add the vegetable broth and lower the heat a little. Let the flavors meld and the vegetables soften – about 25-30 minutes.

Puree mixture or mash it up with a potato masher for a thicker soup. Season to taste with sea salt, pepper, and herbs. When serving, top each bowl of soup with a spoon of cashew cream (optional).

CASHEW CREAM

1/2 cup raw cashews (ideally soaked overnight)

1/2 - 3/4 cup filtered water

DIRECTIONS

Soak cashews overnight, then drain and rinse them. Place in a high-powered blender with enough water to cover a little over the top of the cashews. Puree until smooth. Add more filtered water to create the consistency of heavy cream. You may strain the cream through a mesh strainer to remove any coarse pieces.



For more on which foods to avoid and which to eat more of (like the ingredients in this delicious soup), get your copy of [The Ultimate Alkaline/Acid Food Guide](#) now for easy, clear information about hundreds of foods!

This is the MOST comprehensive food guide you will find, with over 550+ foods, compiled into THREE different charts.

- ✓ All ALKALINE foods listed from high alkaline to low alkaline
- ✓ All ACIDIC foods listed from high acid to low acid
- ✓ A-Z chart, so you can find whether a food is alkaline-forming to acid-forming in seconds