



## Creamy Roasted Garlic and Kale Soup with Cauliflower (4 serves)

4 servings  
1 hour 15 minutes

### Ingredients

12 Garlic (cloves, peeled and trimmed)  
1 Brown Onion (large, roughly chopped)  
1 head Cauliflower (sliced into florets)  
3 tbsps Extra Virgin Olive Oil (divided)  
1 1/3 tbsps Italian Seasoning  
1 tsp Sea Salt  
8 cups Kale Leaves (packed)  
3 3/4 cups Organic Vegetable Broth (divided)

### Nutrition

Amount per serving	
Calories	230
Fat	11g
Saturated	2g
Carbs	27g
Sugar	6g
Protein	8g
Cholesterol	0mg
Sodium	1361mg

### Directions

- 1 Preheat oven to 200 C and line a baking tray with baking paper.
- 2 Arrange the garlic cloves, onion and cauliflower on the baking tray. Drizzle with half of the olive oil, Italian seasoning and salt. Using your hand or a spatula, toss until vegetables are evenly coated in the spices. Roast for about 40 minutes or until very tender and caramelised, flipping halfway through.
- 3 When vegetables are just about done, heat remaining olive oil in a large soup pot over medium heat. Add the kale and 1/2 of the vegetable broth to the pot and cover. Let steam for 2 minutes, or until kale is wilted and tender.
- 4 Add the roasted vegetables and remaining vegetable stock in with the wilted kale. Bring soup to a gentle boil then remove from heat.
- 5 Puree soup in batches in a high-speed blender until smooth and creamy. Divide into bowls and enjoy!

### Notes

**Leftovers,** Store in an air-tight container in the fridge for up to 5 days, or in the freezer for up to 3 months.

**Serve it With,** An extra drizzle of olive oil, fresh herbs or a pinch of red chili flakes.

**Too Thick,** If soup is too thick in consistency, use water or more stock (1/2 cup at a time) to thin until desired consistency is reached.