



CORN AND CAULIFLOWER SOUP

Makes 10 servings.

Creamy, light, and delicious, this is a soup that can be made any time of year and serves many.

INGREDIENTS

- 4 tablespoons of extra-virgin olive oil
- 2 Vidalia onions
- 4 garlic cloves
- 1 small cauliflower, about 1½ pounds
- ¼ teaspoon chili powder, optional
- 1 pound frozen corn, thawed
- One 13½ ounce can unsweetened coconut milk
- 4 cups vegetable broth
- 3–4 tablespoons lime juice
- Kosher salt
- Freshly ground black pepper
- Toasted sunflower seeds for garnish

PREPARATION

1. Peel the onions and garlic and cut into large pieces.
2. Cut off and discard cauliflower stem. Cut the head into large pieces and rinse.
3. In a large saucepan heat the olive oil, add onion, cauliflower, and chili powder. Sauté for a few minutes.

4. Add the corn, coconut milk and 3½ cups of broth. Bring to a boil over high heat. Lower the heat and cook covered for about 25 minutes.
5. Puree the soup, in batches, in a Vitamix until very smooth.
6. Adjust the consistency with the reserved broth as needed and season to taste with lime juice, salt and pepper.

PREPARATION

This soup freezes very well. When reheating, whisk it as it boils to bring back the creamy consistency.