

Vegan Cauliflower Soup

Source: Cook's Illustrated, Better Vegan

Category: Vegan Soups and Stews

Prep Time: 10-15 min Cook time: 50 min Total Time: 65-70 min

Serves 4 to 6



Ingredients:

- 1 head cauliflower (2 pounds)
- 1+3 Tbsp. coconut oil, divided
- 1 leek, white and light green parts only, halved lengthwise, sliced thin, and washed thoroughly
- 1 small onion, halved and sliced thin
- Salt and pepper
- 4 ½ – 5 cups water
- ½ tsp. sherry vinegar
- 3 Tbsp. minced fresh chives or parsley
- Extra-virgin olive oil for garnish (optional)

Instructions:

1. Prepare the ingredients.
2. Pull off outer leaves of cauliflower and trim stem. Using paring knife, cut around core to remove; thinly slice core and reserve. Cut heaping 1 cup of 1/2-inch florets from head of cauliflower; set aside. Cut remaining cauliflower crosswise into 1/2-inch thick slices.
3. Melt 1 tablespoon coconut oil in large saucepan over medium-low heat. Add leek, onion, and 1 1/2 teaspoons salt; cook, stirring frequently, until leek and onion are softened but not browned, about 7 minutes.
4. Increase heat to medium-high; add 4 1/2 cups water, sliced core, and half of sliced cauliflower; and bring to simmer. Reduce heat to medium-low and simmer gently for 15 minutes. Add remaining sliced cauliflower, return to simmer, and continue to cook until cauliflower is tender and crumbles easily, 15 to 20 minutes longer.
5. While soup simmers, melt remaining 3 tablespoons coconut oil in 8-inch skillet over medium heat. Add reserved florets and cook, stirring frequently, until florets are golden brown, 6 to 8 minutes. Remove skillet from heat and use slotted spoon to transfer florets to small bowl. Toss florets with vinegar and season with salt to taste.
6. Process soup in blender until smooth, about 45 seconds. Rinse out pan. Return pureed soup to pan and return to simmer over medium heat, adjusting consistency with remaining water as needed (soup should have thick, velvety texture but should be thin enough to settle with flat

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Recipe Link:

<https://www.betterveganrecipes.com/vegan-cauliflower-soup>

surface after being stirred) and seasoning with salt to taste. Serve, garnishing individual bowls with browned florets, drizzle of olive oil, if using, and chives and seasoning with pepper to taste.

Notes:

Be sure to thoroughly trim the cauliflower's core of green leaves and leaf stems, which can be fibrous and contribute to a grainy texture in the soup.

For oil-free soup, substitute coconut oil with water and skip olive oil garnish.

Equipment needed:

Blender

Serving suggestion:

Serve with a slice of [Better Vegan Grain-Free Gluten-Free Bread](#).