Roasted Garlic Cauliflower Soup

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5. Mix in the salt, black pepper, thyme and Cajun seasoning. Slowly add the white wine and water, mixing as you pour. Bring to a boil and cook for 5 minutes, stirring as needed.

6. When the garlic is safe to handle, squeeze garlic cloves out of the head of garlic and discard the skin. Add roasted garlic cloves and chicken broth. Cook for 10 minutes, before adding the cauliflower and cooking for 5 minutes longer.

7. With an immersion blender, or by transferring batches to a blender, and the yogurt and puree until smooth. Adjust salt and pepper to taste.

8. If you do not eat this all in one sitting, save in individual servings and reheat in the microwave, adding a small amount of water if it becomes too thick.

Healing Cabbage Soup

Ingredients (makes 8 servings):
3 tbsp. olive oil
½ onion, chopped
2 cloves garlic, chopped
2 quarts water
4 tsps. chicken bouillon granules
1 tsp. salt, or to taste
½ tsp. back pepper, or to taste
½ head cabbage, cored and coarsely chopped
1 (14.5 ounce) can Italian-style stewed tomatoes, drained and diced (not chopped)

Preparation:
1. In large stockpot, heat olive oil over medium heat. Stir in onion and garlic; cook until onion is transparent, about 5 minutes.

2. Stir in water, bouillon, salt, and pepper. Bring to a boil, and then stir in cabbage. Simmer until cabbage wilts, about 10 minutes.

3. Stir in tomatoes. Return to a boil, and then simmer 15 to 30 minutes, stirring often.