Soup Recipes

Roasted Garlic Cauliflower Soup

Submitted by Jane of San Antonio, Texas, participant in Rx for Better Breast Health

Ingredients:
- 1 tbsp. flour
- 2½ tbsp. olive oil, divided
- 1 large head of garlic
- 1 whole head cauliflower
- 2 stalks celery, chopped
- 1 carrot, chopped
- 1 large yellow onion, chopped
- ½ tsp salt
- ½ tsp fresh cracked black pepper
- ¼ tsp Cajun seasoning
- ½ cup dry white wine
- ½ cup water
- 2 cups chicken broth
- 6 oz. fat free plain Greek yogurt

Preparation:
1. Preheat oven to 400 degrees F. Line a jellyroll pan with aluminum foil.

2. Chop the cauliflower into 1-inch pieces and place in a bowl. Toss with 1 tbsp. olive oil. Cut the top of the garlic head off, and place in aluminum foil, wrap the foil up around the garlic, and before closing, pour ½ tbsp. olive oil over the garlic.

3. Place wrapped garlic and cauliflower on the baking sheet. Roast the cauliflower and garlic for 25 minutes, flipping the cauliflower once while roasting. Remove the cauliflower from the oven, but keep the garlic pouch in the oven and continue to roast at 400 degrees F for an additional 30 minutes. It will be a nice golden when ready. Let both the cauliflower and garlic cool after roasting.

4. Meanwhile, in a large Dutch oven or stockpot, whisk flour and 1 tablespoon oil constantly until it is a light brown over medium heat, about 4 minutes. Mix in celery, carrot, and yellow onion and cook, stirring for 3 minutes.

Continued on next page ▸
Roasted Garlic Cauliflower Soup

Continued from previous page

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)

Adapted from allrecipes.com and submitted by Jerusha of San Antonio, Texas, participant in Rx for Better Breast Health

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.