

Sip, Slurp and Savour ...

Vert Catering Golden Cauliflower Soup

Ingredients

- 1 head of golden cauliflower (in small florets)
- 1 can of organic chickpeas
- 2 ears of organic corn (cut off the husk)
- 1 cup diced rutabaga
- ½ onion (finely diced)
- 2 garlic cloves (minced)
- 2 celery stalks (finely diced)
- 2 carrots peeled (finely diced)
- 2 litres of vegetable stock
- ½ cup olive oil
- 2 cups white wine
- Salt & pepper to taste



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DIRECTIONS:

1. Boil the cauliflower and rutabaga.
2. Puree cooked mixture.
3. In another pot add celery, carrot, onion and garlic.
4. Sautee, gently add wine and simmer for 2 minutes.
5. Add puree, stock, corn and chickpeas.
6. Season with olive oil and salt & pepper.
7. Simmer for 25 minutes.
8. Adjust consistency if needed.



Recipe courtesy of Vert Catering
963 Dovercourt Road, Toronto.
www.vertcatering.com

For more information, visit www.soupalicious.ca