THE J.M. SMUCKER Co

# Roasted Cauliflower and Garlic Soup

| Prep Time | Cook Time | Serves | Difficulty |
|---|---|---|---|
| 15 mins | 45 mins | 4 | N/A |

## Ingredients

- 1 head cauliflower, trimmed, cut into florets
- 1/2 bulb garlic, peeled, cloves left whole
- 2 tbsp (30 mL) olive oil
- 3/4 tsp (4 mL) salt
- 1/4 tsp (1 mL) ground cumin
- 1/4 tsp (1 mL) pepper
- 2 cups (500 mL) vegetable, chicken stock or water
- 1 1/2 cups (375 mL) **Carnation®** Regular, 2% or Fat Free Evaporated Milk

  Fat Free Evaporated Skim Milk

- **Optional Garnish:**
- 1 cup (250 mL) canned chickpeas, rinsed
- 2 green onions, chopped
- 2 tsp (10 mL) chopped jalapeno or red pepper
- 2 tbsp (30 mL) chopped fresh cilantro

## Directions

**Step 1:**

On a parchment-lined baking sheet, combine cauliflower florets, garlic cloves, oil, salt, cumin and pepper. Toss to combine. Tuck garlic cloves under cauliflower to keep from caramelizing too much. Roast in a preheated 375ºF (190ºC) oven for 35 to 40 minutes or until tender.

**Step 2:**

In a large saucepan, combine stock and evaporated milk over medium heat until very hot but not boiling. Remove from heat and add roasted cauliflower and garlic. Purée with an immersion blender or in food processor. Return to low heat and heat until hot. Serve with garnish or chopped parsley.

**Step 3:**

While vegetables are roasting, in a small bowl, combine chickpeas, onions, pepper and cilantro. Serve with soup.

Use extra chick peas in salads.

## Images

