

“Creamy” Cauliflower, Tomato and Fennel Soup - makes about 1 gallon

Perry Mascitti, Executive Chef, Tulalip Resort Casino

When you think of a creamy soup, you think of warming up for the winter, comfort food, smooth and yummy wonderfulness. But you might also think of rich cream, and well....maybe not very healthy. That is one of the nice things about this wonderfully “creamy” soup, I cut the fat down to almost zero. I did this without compromising creamy lusciousness and thought I would pass it on to you.

The main focus of this recipe is the creamy cauliflower soup base. I start by giving you the recipe for the base that I use. Then I follow the “base” that turned it into a Tomato-Fennel variation. This is where you can get creative, too! You can turn this “base” into anything you desire. Such as a “creamy” red bell pepper soup, avocados-cilantro, Brussel sprouts and lemon, spinach- curry or a straight and easy roasted garlic creation! I can go on and on. It is a lot of soup base, but it can be frozen for up to a year in smaller zip-lock bag portions or you use it up in 10 days if you store it in the refrigerator. It is simple, whole and very nutritious with very little healthy coconut (or olive) oil.

FIRST make this easy soup base.

Cauliflower Soup Base

- 2 tablespoons coconut oil or olive oil
- 3 medium sized yellow onions, rough chopped
- 3 stalks of celery, rough chopped
- 3 tablespoons garlic, chopped (fresh is best, but bottled chopped garlic is fine)
- 2 cups of white or red wine, any, reduce wine by half
- 2 quarts of low salt chicken stock or vegetable stock, can be purchased-prepared
- 1 medium head of cauliflower, thin sliced, leaves removed

Brown onions and celery in coconut oil, add garlic and lightly cook out, add wine and reduce, chicken or veg stock and base

Continues.....

Step Two- Make a variation of the soup. Get Crazy!

Here's on the tomato-fennel variation using the base.

Once the base is reduced -

Add all while simmering base:

- 2 tablespoons Fennel seeds, whole or crushed
- 8 each roma tomatoes, quartered or you can use 28oz canned diced tomatoes in juice.
- 8 ounces sliced mushrooms
- 2 tablespoons Sriracha sauce (salt needed?) Add to your taste.

Simmer for about 20 minutes or until all ingredients are very soft. Let it cool for about 30 minutes or until warm and not boiling. Blend all until very smooth. You may need to adjust the thickness to your liking with more stock or water after it is blended smooth. Salt to your taste.

Garnish suggestions: This is where you can make it different every time you warm this soup up. I use one of these or a combination of any below:

- | | |
|-----------------------------------|---|
| Sauteed chopped mushrooms | PROTEIN? 40z of shredded chicken, cooked |
| Parmesan cheese (fairly low fat!) | raw baby shrimp (must simmer soup) |
| Chopped scallions | shredded pork, carnitas |
| Chopped roasted peppers, chopped | grass fed beef |
| Pico de gallo salsa | walnuts, pumpkin seeds, chia, hemp seeds |
| Saffron threads, chopped | almonds |
| Cilantro, chopped | crab |
| Basil, chopped | shelled edamame |
| Avocado.....spinach leaves??? | or?..... |