Creamy roasted cauliflower & whole grains soup

COOK TIME	30 min
PREP TIME	30 min
MAKES	6 servings

There’s so much to love about this warming soup, from the roasted cauliflower florets and hazelnuts to the organic grains and creamy texture. This warmer-upper is so delicious, you’ll almost wish for a cold day.

INGREDIENTS

- 1 package of SEEDS OF CHANGE™ Organic Quinoa Brown Rice
- 3 tbsps. extra virgin olive oil, divided
- 1/8 tsp. pepper
- 2 medium stalks celery, chopped
- 1/2 cup whipping cream
- Chopped roasted hazelnuts
- 1 medium head cauliflower, cut into 1 1/2-inch florets (about 8 cups)
- 1/4 tsp. salt
- 1 medium onion, chopped
- 4 cups chicken broth
- Chopped fresh chives

DIRECTIONS

1. Heat oven to 450°F. In large bowl, toss cauliflower with 2 tbsps. olive oil, salt and pepper.
2. Place in single layer on large baking sheet.
3. Roast 25–30 minutes, stirring 2–3 times during roasting, until tender and golden brown.
4. Meanwhile in 4- or 5-quart Dutch oven or stockpot, heat remaining 1 tbsp. olive oil over medium-high heat.
5. Cook and stir onion and celery in hot oil 5–6 minutes or until tender.
6. Stir in chicken broth and the roasted cauliflower; heat to boiling.

7. Remove soup from heat; using immersion blender or in batches in blender, puree soup until smooth.
8. Stir in SEEDS OF CHANGE™ Organic Quinoa & Brown Rice.
9. Simmer uncovered 2–3 minutes, stirring occasionally, until heated through.
10. Remove from heat. Stir in cream.
11. Ladle soup into bowls; garnish with chives and hazelnuts.

NUTRITION INFO

Column 1	Column 2
Servings	6
Calories (per serving)	230
Total Fat	14g
Saturated Fat	6g
Trans Fat	0g
Total Fat % DV	22%
Saturated Fat % DV	0%
Trans Fat % DV	0%
Cholesterol	N/A
Cholesterol % DV	N/A
Sodium	270mg
Sodium % DV	11%
Total Carbohydrate	21g
Dietary Fiber	4g
Sugars	4g
Total Carbohydrates % DV	7%
Dietary Fiber % DV	16%
Protein	4g

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Cook time

6 min

Prep time

30 min

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Cook time

4 min

Prep time

5 min

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Cook time

15 min

Prep time

20 min

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