Healthy Happy Life

POTATO CAULIFLOWER SOUP (K. Patalsky, adapted)







Ingredients:

- 5 cups white potato, peeled and diced
- 4 cups cauliflower, chopped into florets
- ½ teaspoon salt
- 1 tbsp garlic granules/powder, or raw garlic
- 2 cups veggie broth
- ¾ cups cashews, raw (or 1/2 cup cashew butter, see Editor's Notes)
- ¼ teaspoon black pepper

Fold in and Toppings:

- Set aside cooked potato and cauliflower bits - reserve about ¾ cup
- 3 tbsp greens or herbs, finely chopped

Directions:

- Bring a large pot of water to a boil.
- Peel potato and chop cauliflower into large florets - rough chopping is fine.
- Add the potato to the boiling water and boil until tender. About three minutes before the potatoes are done, add in the cauliflower to cook until tender.
- Drain water and add the potatoes and cauliflower to a blender --- reserve about ½ - ¾ cup of the cooked veggies to the side -- this is what will give the soup a slightly chunky texture.
- Also add to the blender: veggie broth, cashews, garlic, salt, and pepper. Blend from low to high until silky smooth. Blending will take a few minutes. When soup is blended, do a taste test and add any additional salt/pepper/garlic to taste.
- Pour the soup back into the pot. Stir in the set aside chunky veggies. Turn heat to low and cover with lid. Allow to simmer for about ten minutes. Serve warm! Add chopped herbs, pepper and anything else you'd like on top.

Editor's Notes:

This recipe calls for you to use a regular blender, but a Vitamix or other high-speed blender may work best. It's the perfect recipe to use a stick or immersion blender, but you'll have to substitute cashew butter for the cashews. In the soup pot, simply use the stick blender to bring the soup to the desired consistency, leaving some potato and cauliflower chunks.

Also, you may find yourself wanting to add more broth or water to the soup when you reheat it.

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Kathy Patalsky is the artist, photographer and author who started **Healthy Happy Life** in 2007. In addition to all plant-based recipes, she has posts on travel, beauty, and creativity, with a separate menu entry for "Mom Life"! Some of Kathy's recipes use oil and processed foods like vegan "meats" but can be adapted for those cooking and eating WFPB.