

# Creamy Roasted Garlic Cauliflower Soup



5 from 5 reviews

This creamy roasted garlic cauliflower soup is low in fat and carbs but packed with flavour and nutrition. Once the garlic is roasted, it can be ready in about 20 minutes. It's thick, creamy, rich in flavour and perfect for dunking crispy bread in.



- **Author:** Deryn Macey
- **Prep Time:** 5 mins
- **Cook Time:** 25 mins
- **Total Time:** 30 minutes
- **Yield:** 6-8

## Ingredients

- 2 bulbs of garlic
- 2 small or 1 large white onion, diced
- 2 carrots, peeled and chopped
- 4 cups chopped cauliflower
- 1/2 tsp [thyme](#)
- 1/2 tsp [rosemary](#)
- 3.5 cups [vegetable stock](#)
- salt and pepper, to taste

## Instructions

1. Preheat oven to 400 degrees.
2. Cut the tops of the bulbs of garlic so each clove is slightly exposed. Place each bulb on a small piece of tinfoil then drizzle 1/4 tsp of olive oil over each bulb. Wrap up in the foil and roast for 35 minutes.
3. Add the onion and carrot to a [soup pot](#) with a splash of the vegetable stock and cook until starting to soften, about 5-6 minutes.
4. Add the cauliflower, stock and thyme. Squeeze the roasted garlic out of the

bulbs and add to the pot.

5. Simmer until the cauliflower and carrots are completely soft and tender, approximately 20-25 minutes.
6. Carefully pour into a [blender](#) and mix until smooth and creamy.
7. Season with salt and pepper.

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