

Cauliflower Soup

Ingredients:

- 2 red bell peppers
- large head of cauliflower
- salt
- white pepper
- smoked paprika
- Non-stick spray

Directions:

1. Wash 2 red bell peppers, slice in half and remove seeds. Place skin side up on a baking sheet that has been coated with non-stick spray. Roast at 400 for about 25 minutes.
2. Remove from oven and let them sit until cool enough to handle. Remove skin and cut up the pepper in to small pieces. Set aside.
3. Meanwhile, wash a large head of cauliflower and cut out the core. Then chop cauliflower into small pieces, less than an inch square. Place the cauliflower in a large pan with 6 cups water or broth. Bring to a boil and then simmer for about 20 minutes, or until cauliflower is very tender.
4. Add salt, white pepper and smoked paprika to taste. Remove from heat.
5. Add the roasted bell pepper pieces to the cauliflower and puree the mixture with an immersion blender until smooth. (If that is not available, you can puree the mixture in a food processor but handle carefully as it will be very hot.)
6. Serve with a sprinkle of smoked paprika.

Serving size: 5, 2 cup servings of vegetables.