



Creamy Cauliflower Soup with Dill

This was adapted from Donna Gates book Body Ecology Diet

4 servings

1 Tb coconut oil
1 large onion chopped
1 cup chopped celery
6 cloves garlic chopped
1 medium head cauliflower cut into chunks
6 Tb fresh dill
4 cups vegetable or chicken stock approximately
Celtic Sea Salt to taste
Fresh pepper to taste

- In a medium stock pot, heat coconut oil on medium.
- Add onion and celery, sauté until translucent about 3-5 minutes
- Add garlic, sauté 1 minute don't let it brown.
- Add cauliflower and dill with enough stock to barely cover the vegetables
- Simmer until vegetables are medium tender
- Let cool 10 minutes so you don't burn yourself. Puree in a blender until smooth.
- Add sea salt and pepper.

- Serve garnished with chopped dill

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