

Spinach, Cauliflower & White Bean Soup

8 ingredients · 15 minutes · 4 servings



Directions

1. In a large saucepan, add the broth, onion, garlic, and cauliflower. Cook on medium-high for five to eight minutes or until the cauliflower is tender.
2. Add the beans and the spinach. Season with salt and pepper, stirring until combined. Continue cooking for two minutes, or until the spinach is slightly wilted. Remove from heat.
3. Use an immersion blender or carefully transfer to a blender. Puree the soup until it is smooth.
4. Stir in the lemon zest and juice. Divide evenly between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days. Freeze for up to three months.

Serving Size

One serving is equal to approximately two cups.

More Flavor

Add cumin, a pinch of cayenne pepper, or chili flakes for spice. Use baby kale leaves and potatoes instead.

Additional Toppings

Chia seeds, hemp seeds, pumpkin seeds, coconut milk, fresh herbs and/or microgreens.

Ingredients

- 6 cups** Vegetable Broth
- 1** White Onion (small, chopped)
- 4** Garlic (clove, finely chopped)
- 1 head** Cauliflower (small, roughly chopped)
- 2 cups** White Navy Beans (cooked)
- 6 cups** Baby Spinach
- Sea Salt & Black Pepper (to taste)
- 1/2** Lemon (small, juice and zest)