



Cauliflower Vegetable Soup

Instructions:

Coat a pot with 6 seconds of Pam and add all the ingredients.

Fill the pot with enough water to cover the vegetables.

Bring to a full boil, lower the flame, and cook for 2 hours.

Blend the soup with a hand blender.

A 16 oz. bowl counts as 1 dinner side

Prep Time:

10 minutes

Cook Time:

2 hours

Ingredients:

2 large onions - diced
6 large zucchinis - diced
32 oz. bag cauliflower
8 large carrots - sliced
6 cloves garlic
2 TBSP. salt
1/3 tsp. pepper
1 tsp. rosemary
2 tsp. garlic powder
water