

# Roasted Cauliflower and Kale Soup

## Ingredients

- 1 large head of cauliflower, cut into florets
- 4 large cloves of garlic, peeled
- 1 large yellow onion, peeled and cut into 1/4 inch thick pieces
- 1/4 teaspoon dried thyme
- 1/8 teaspoon cayenne pepper
- 4 Tablespoons olive oil, divided
- 1 large bunch of curly kale, tough stems removed and torn into bite size pieces
- 5 1/2 cups of vegetable stock + additional to thin if necessary
- 1/2 cup pine nuts, lightly toasted
- salt and pepper to taste
- squeeze of fresh lemon juice for serving



## Directions

- Preheat the oven to 425F.
- Toss the cauliflower, garlic, onion, thyme and cayenne with 2 Tablespoons of olive oil. Place in a single layer on a baking sheet and roast in the oven until lightly browned and tender. About 20-25 minutes. If the garlic begins to brown too quickly removed it from the pan sooner. Toss veggies halfway through cooking. Remove from the oven and reduce the temperature to 350F.
- In a bowl toss **half** of the kale with 2 Tablespoons olive oil. Sprinkle with a little salt and pepper and place on a baking sheet and bake in the oven until lightly browned and crisp. About 18-20 minutes. Check the kale often to make sure it doesn't burn.
- In a large dutch oven add the roasted vegetables with the stock and bring to a boil. Reduce the heat and simmer for about ten minutes. Stir in the remaining kale, increase the heat to medium and cook, uncovered for ten more minutes.
- Carefully puree the soup with an immersion blender, or, working in batches, puree the soup in a high speed blender. Season with salt and pepper and add additional stock if the soup is too thick.
- Ladle the soup into bowls and top with the baked kale, toasted pine nuts, a squeeze of fresh lemon juice and additional salt and pepper to taste.
- Serve with [chickpea flatbread](#) and a simple salad for a complete meal.

Recipe from [dishingupthedirt.com](http://dishingupthedirt.com)

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