



Cold Zucchini and Cauliflower Soup

Ingredients:

1 head of cauliflower (or ~3 cups frozen cauliflower)
2 zucchini, peeled and cubed
1 onion, diced
½ can cannellini beans
Water to cover
Salt
Pepper

Directions:

1. Over medium heat, add onion and sauté until soft, about 3 minutes
2. Add cauliflower and zucchini; Cook with pot covered for about 5 minutes, stirring every so often
3. Add water and beans and bring to a boil; Reduce to simmer and cover pot; Cook for about 20 minutes
4. Turn off stove; Using immersion blender or regular blender blend until well combined; May need to add more water if you would like a thinner consistency
5. Enjoy!

Cookware needed:

Stock pot
Immersion blender or regular blender

Cost: 

Ease:



Health Benefit: This soup is packed with fiber from cauliflower, zucchini, and cannellini beans. Fiber is great for overall bowel health and helps keep us fuller for longer. Beans also provide protein for a well-balanced meal.