

## Cauliflower Soup

Source: Delish

### INGREDIENTS

1 Tbs extra-virgin olive oil, plus more for garnish

1 medium yellow onion, chopped

1 clove garlic, minced

1 large head cauliflower, cut into small florets (about 8 cups)

6 cup chicken or vegetable stock

3 sprigs fresh thyme, plus more for serving

1 bay leaf

Kosher salt

Freshly ground black pepper

1/4 cup heavy cream or whole milk

### DIRECTIONS

In a large pot over medium heat, heat oil. Add onion and cook until soft, 6 minutes. Add garlic and cook until fragrant, 1 minute. Add cauliflower, stock, thyme, and the bay leaf and bring up to a simmer. Cook until cauliflower is very tender, 15 to 20 minutes.

When vegetables are tender, remove thyme and bay leaf and discard. Blend with immersion blender or transfer to a blender in batches and blend until smooth. Stir in cream and reheat if needed. Garnish with a drizzle of olive oil and fresh thyme and serve immediately.