

Creamy Cauliflower Soup

1 c. cauliflower florets
1/2 c. chopped onion
1 rib of celery, chopped
1 T. extra-virgin olive oil
3 c. broth, chicken or vegetable
1/4 c. uncooked rice
sea salt and pepper to taste
pinch of nutmeg
chopped Italian parsley for garnish

Sauté the onions and the celery in the oil. Add the cauliflower florets, stock and the rice. Bring to a boil and then turn down the heat and simmer until the cauliflower is tender and the rice is cooked. Add the salt, pepper and nutmeg and puree in a blender or with a hand blender. Garnish with chopped parsley.