

Enjoy this Quick and Delicious Creamy Cauliflower Soup Recipe

By Christy Pooschke, *Natural News*

Soup is a great way to prepare a quick and delicious meal. Unfortunately, most commercially-prepared soups contain ingredients that are harmful to your health. Luckily, when you're armed with healthy recipes like the one included here, you can make your own quick and easy soup out of simple, wholesome ingredients that actually *contribute* to your health.

Even when you purchase the most healthy-looking commercial soups, they often contain dangerous ingredients like MSG ("monosodium glutamate") or other tricky ingredient names that disguise MSG (e.g., "yeast extract" or "natural flavor").

MSG is a dangerous toxin that is associated with many health problems, such as anxiety, obesity, irritable bowel syndrome and heart attacks (to name a few).

You can avoid this dangerous hidden toxin by preparing meals at home from basic, whole food ingredients; minimizing your reliance on processed foods, reading every ingredient list, and avoiding any mysterious or vague ingredients listed on product labels.

Sure, it takes more time to prepare your own food. But try the recipe below, and you'll see that the taste and health benefits are well worth your time!

Creamy Cauliflower Soup Recipe

This recipe makes about 6 cups of soup. [Click here for a photo of the finished soup!](#)

INGREDIENTS:

- 1 TBSP extra virgin olive oil (or more if needed)
- 2 medium onions, diced
- 16 ounces of frozen cauliflower
- 4 cups water
- 3/4 tsp sea salt, to taste
- 1/8 tsp ground white pepper (or 1/2 tsp freshly ground black pepper), to taste - white ground pepper is preferable because it gives a very distinct and tasty flavor
- Freshly ground black pepper (for garnish) - optional
- Extra virgin olive oil (for garnish) - optional

DIRECTIONS:

1. Heat the olive oil in a medium sauce pan over medium heat.
2. Add the diced onions and saute them until tender (but don't allow them to brown at all).
3. Add the cauliflower and saute 1-2 minutes.
4. Stir in the water and bring the mixture to a boil. Reduce the heat and simmer for about 5 minutes (until the cauliflower is tender).
5. Puree the soup until smooth. It's easiest to use a stick or immersion blender for this step, so you can puree the soup right in the pan. If you don't have one, you'll need to transfer the soup to a regular upright blender in batches small enough to fit in your blender, but it will work just as well.
6. **NOTE:** If the soup seems a bit "fuzzy," then you're not done blending! So just keep going until it's almost as smooth as milk. It takes a bit more blending than you'd think.
7. Season the soup, to taste, with sea salt and ground white pepper.
8. Serve garnished with freshly ground black pepper and a swirl of extra virgin olive oil on top if you'd like.

Sources:

<http://www.naturalnews.com>

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<http://www.msgmyth.com/>

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