



Healthy Eating Initiative: Creamy Cauliflower Wild Rice Soup

Soup is a wonderful way to give your body much-needed hydration during winter months, while also providing valuable nutrients that can help to fight off the common cold.

INGREDIENTS

- 1 cup of chopped celery
- 1 medium diced white onion (approximately 1 ½ cups)
- 3 cloves of garlic, minced
- 1 teaspoon of ground thyme
- 1 teaspoon of dried oregano
- 2 cups of peeled and diced carrots
- 1 small head of cauliflower, chopped into small florets
- 5 cups of vegetable broth
- ½ cup of nutritional yeast
- 1 ½ cups of cooked wild rice
- 1 teaspoon each of sea salt and black pepper, to taste
- 2 tablespoons of fresh lemon juice

INSTRUCTIONS

1. Cook the wild rice according to package instructions. While it's cooking, proceed with making the soup.
2. Add the onion, garlic, and celery to a large soup pot with 2 tablespoons of water. Cook over medium heat for about 5 minutes until everything begins to soften, stirring often. If the pot starts to dry out at any time, add another tablespoon of water.
3. Add the thyme and oregano and stir to combine. Cook for another 2 minutes until fragrant, stirring frequently.
4. Add the cauliflower, carrot, and all of the vegetable broth. Simmer over medium-low heat until the carrots and cauliflower are tender. This should take approximately 20 minutes.
5. Stir in the nutritional yeast.
6. Scoop half of the soup into a blender or food processor, ensuring that steam is allowed to escape. Start blending on low and then increase the speed to high. Blend until it is smooth and creamy. Once it's blended, pour it back into the soup pot with the rest of the soup.
7. Stir in the cooked rice.
8. Stir in the lemon juice and season with salt and pepper as needed.



For additional information, email the DCPAS Work-Life Branch at:

Dodhra.mc-alex.dcpas.mbx.dod-worklife@mail.mil



Department of Defense

Work-Life Programs

Health & Wellness



January 2024



9. Serve right away with chopped fresh chives or green onions and a piece of warm Ciabatta bread!

Servings: 6

Calories: 125 per 1/6 of recipe

Fat: 0.4 grams

Carbs: 25 grams

Fiber: 6 grams

Protein: 8 grams

Prep Time: 10 minutes

Cook Time: 45 minutes

Recipe Credit: www.runningonrealfood.com

For additional information, email the DCPAS Work-Life Branch at:

Dodhra.mc-alex.dcpas.mbx.dod-worklife@mail.mil

