



Cauliflower, Carrot & Parsnip Puree

Serves 6

Ingredients

- 1.5 lbs. cauliflower florets (1 small head)
- 2/3 lbs. parsnips, peeled and coarsely chopped
- 2/3 lbs. carrots, peeled and coarsely chopped
- 4 garlic cloves
- ½ cup organic chicken stock
- ½ cup water
- 4 Tbs. butter
- Sea salt and pepper to taste

Directions

1. Chop all the veggies.
2. Melt 3 Tbs. butter in large sauce pan over medium heat. Once the butter is liquefied, dump in the veggies, broth and water.
3. Bring the liquid to a boil, turn down the heat to low, and simmer the covered pot for 25-30 minutes.
4. Once the vegetables are soft and tender, use an immersion blender to puree everything.
5. Add another pat of butter along with some salt and pepper to taste. Mix or blend it in. Serve immediately or store in the fridge in a sealed container.