



## Cauliflower Potato Soup with Dill

Makes About 8 Cups

### Ingredients

- 1 tablespoon olive oil
- 1½-2 cups onion, diced
- 2 cloves garlic, minced
- 1 small head cauliflower, cored and chopped (about 3-4 cups)
- ½ cup chopped carrots (scrubbed or peeled)
- 1 medium potato, diced, 1-1½ cups
- 1½ teaspoon sea salt, or to taste
- ¼ teaspoon pepper
- 2-4 tablespoons fresh dill, chopped (or 1 tablespoon dried dill weed)
- ½ teaspoon ground mustard seed
- 4 cups Immune Broth, Chicken Bone Broth, or vegetable or chicken stock, or water

### Directions

1. Heat olive oil in a medium saucepan. Add onions and sauté for about 5 minutes until the onions are translucent. Add garlic and cook for another minute.
2. Add cauliflower, carrots, potatoes, sea salt, pepper, dill, mustard, and stock or water. Bring everything to a boil, reduce the heat to low, and simmer for about 20 minutes, or until the vegetables are very tender.
3. Let the soup cool briefly, the purée it in batches until very smooth. The texture should be velvety.
4. Return the soup to the saucepan and heat.