
CALIFLOWER PARMESAN SOUP

1 tablespoon	Extra virgin olive oil
1	Large Onion, diced
3	Cloves garlic, chopped
1	Large head cauliflower, core removed & cut into small pieces
4 cups	Chicken or vegetable stock
½ cup	Heavy cream
½ cup	Grated parmesan cheese
Salt and black pepper	

- Heat a large saucepan with olive oil and add onion and sauté until tender (about 4 minutes).
- Add the garlic and quickly sauté.
- Add cauliflower and stock and cook until the cauliflower is tender (about 10 minutes).
- Puree until smooth.
- Add cream and parmesan cheese.
- Season well with salt and black pepper. Serve warm.