

# Cauliflower-Leek Soup

## Ingredients

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2 Tablespoons olive oil  
1 ½ cups leeks, white and light green parts only, diced  
4 garlic cloves, minced  
healthy pinch of salt  
¼ teaspoon crushed red pepper flakes  
1 medium sized head of cauliflower, cut into small florets  
4 ½ cups water or broth, plus additional to thin if necessary  
¼ cup fresh dill, minced, plus additional for topping  
a handful kale leaves, roughly chopped, about 1 cup  
salt and pepper to taste

## Method

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1. Heat oil in a large dutch oven over medium heat. Add the leeks and cook until translucent, about 5 minutes. Add the garlic, salt and crushed red pepper flakes. Continue to cook, stirring often to coat the vegetables in the salt and spice mixture. Add the cauliflower and water and bring to a boil. Reduce heat, add dill and kale and simmer until cauliflower is tender, about 10 minutes. Remove from heat and puree the soup in a high speed blender. For less creamy texture, use an immersion blender or process it for shorter time, or leave out some small florets and add after pureeing.
  2. Return soup to the pot and keep on low heat. Taste test and season with additional salt and pepper. Top with minced dill and (optional) dill-pumpkin seed pesto (see separate recipe).
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Source: [dishingupthedirt.com](http://dishingupthedirt.com) (4 servings)

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