



All Great Meals Begin With
Rulli Bros.
M A R K E T S

Cauliflower Soup

Ingredients

¼ cup Extra Virgin Olive Oil
1 head of cauliflower cut into florets
1 medium red onion finely chopped
6 cloves of garlic, minced
1 tsp. crushed red pepper
4 bay leaves
4 cups chicken stock (vegetable stock for vegetarian version)
1 cup tomato sauce
2 cups small shells, Ditalini or Mezza Penne
Salt and pepper
Grated Romano cheese and chopped parsley for garnish

Preparation

Heat olive oil in large pot over medium high heat. Add cauliflower and cook for 10-15 minutes, stirring frequently until cauliflower becomes browned and softened.

Add onion, garlic, red pepper, and bay leaves. Stir often until softened, about 5 minutes.

Add chicken stock and tomato sauce, bring to a boil. Reduce heat and simmer for 30 minutes.

Add 1 cup of water, season with salt and pepper, bring to a boil and add pasta. Cook at low boil for about 10 minutes.

Remove from heat, soup will have thick consistency, adjust seasonings. Serve with grated Romano and chopped parsley as garnish.



For more information please visit - CaseyMaloneShow.com