


Cauliflower Squash Soup

Recipe By *Faigy Grossman*



Cooking and Prep: 
1.5 h

Serves:  8

Contains: 

Preference: Parve

Difficulty: Easy

Occasion: Rosh Hashanah

Diet: Vegetarian, Low Fat,
Low Carb, Sugar Free, Vegan,
Pescetarian

Source: Family Table by
Mishpacha Magazine

This soup is a tasty and sophisticated dish that is very simple to prepare and has an interesting blend of vegetables. Appealing on the table, it looks and tastes great topped with onion-garlic croutons.

Ingredients (11)

Cauliflower Squash Soup

- 1 small butternut squash, peeled and seeded
- 1 medium sweet potato
- 2 small potatoes
- 1 large onion, finely diced

- oil, for sautéing
 - water, to cover vegetables
 - 12 ounces (340 grams) frozen cauliflower florets
 - 1 tablespoon **Alfasi Cabernet Sauvignon** or other red wine
 - 1 and 1/2 teaspoons **Gefen Soy Sauce**
 - 1 teaspoon salt, plus more to taste
 - generous dash cayenne pepper
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Start Cooking

Prepare the Soup

1. In a food processor with the fine shredder blade, process squash and potatoes. In a six-quart (five- and- a- half-liter) pot, sauté onion in oil. Add vegetables and stir until vegetables have softened. Add water to cover.
2. Bring soup to a boil; reduce heat and cook 10 minutes. Add cauliflower and more water to cover vegetables. Add remaining ingredients and return to a boil. Reduce heat; partially cover pot and cook additional 15–20 minutes, or until all vegetables are soft.

Tip:

For even more flavor, add a little more wine, to taste.