



## Hot Cauliflower Mess

*It's a soup... a stew... a chunky... healthy...mess*

**Prep Time:** 20 minutes

**Equipment:**

- Medium or large lidded sauce pan/stock pot
- Potato masher

**What you need:**

1 whole cauliflower, trimmed and chopped up  
1 quart vegetable broth or stock  
¼ red onion, diced  
2 handfuls of baby carrots  
1 can fire roasted tomatoes  
2 large garlic cloves, peeled and smashed  
3 bay leaves  
2 tsp Sriracha sauce (or more to taste)  
2 tsp dried basil  
3 cups chopped fresh kale  
½ cup parmesan cheese (optional)

**To make:**

Place cauliflower, broth, onion, carrots, tomatoes, garlic, bay leaves, sriracha, and basil into the pot over high heat. Once the mixture boils, cover, reduce the heat to medium, and let simmer until vegetables are cooked through and soft, 15-20 minutes. Once cooked, remove from heat and stir in kale and cheese. If desired, use potato masher to break the veggies up into a nice chunky mess. Serve hot as is or over pasta.

**Tips**

- Careful when adding sriracha – it goes way farther when mixed into liquid
- Instead of pasta, try wild rice, brown rice, or beans
- You can also serve this cold with some crusty whole grain bread. Delish
- If you're watching your figure, forget the starch and eat as much as you want. It's practically a zero-calorie meal on its own.