Velvety Cauliflower Protein Soup

A creamy, low-carb cauliflower soup packed with protein, perfect for beginners seeking a healthy, comforting meal.

Servings: 4 **Time:** 35 minutes

Ingredients

- 1 large head cauliflower, chopped into florets
- 1 medium yellow onion, diced
- 2 cloves garlic, minced
- 4 cups low-sodium chicken or vegetable broth
- 1 cup unsweetened almond milk
- 1/2 cup plain Greek yogurt
- 1/2 cup cooked shredded chicken breast
- 2 tablespoons olive oil
- Salt and black pepper to taste
- 1/2 teaspoon smoked paprika
- Fresh chives or parsley for garnish (optional)

Instructions

1. Heat olive oil in a large pot over medium heat.
2. Add diced onion and cook until translucent, about 3-4 minutes.
3. Add minced garlic and cook for 1 minute until fragrant.
4. Add chopped cauliflower florets, smoked paprika, salt, and pepper. Stir to combine.
5. Pour in chicken or vegetable broth and bring to a boil.
6. Reduce heat and simmer for 15 minutes, or until cauliflower is tender.
7. Remove pot from heat and let cool slightly. Using an immersion blender, blend the soup until smooth and creamy.
8. Stir in almond milk, Greek yogurt, and shredded chicken until well combined and warmed through.
9. Taste and adjust seasoning if needed.
10. Serve hot, garnished with fresh chives or parsley if desired.

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